

The Winter Poppyline – Getting There

VENUE Aylsham High School
Sir Williams Lane
Aylsham
Norfolk
NR11 6AN. TG 198 271.

Aylsham is 13 miles north of Norwich. Aylsham High School is located in Sir Williams Lane, Aylsham, just off the A140.

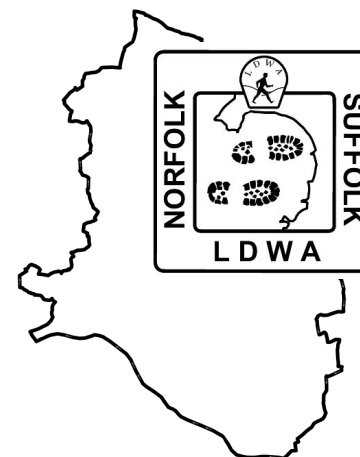
Please follow marshals' directions for parking.

The railway at Aylsham does connect with mainline services at Wroxham, but is unlikely to be of use to walkers due to a restricted timetable in the winter and the small size of the carriages. The best option for public transport is to get to the mainline station at Norwich, then take a bus to Aylsham (44/X44), though the bus station is some way from the rail station.

Accommodation Suggestions

Black Boys Hotel (in Aylsham) - <http://www.blackboyshotel.co.uk/>
admin@blackboyshotel.co.uk - 01263 732122 (phone preferred)

Tourism - <http://www.norwich.gov.uk/>
tourism@norwich.gov.uk - 01603 213999



The Winter Poppyline Saturday/Sunday 21st/22nd February 2015

VENUE Aylsham High School, Sir Williams Lane, Aylsham, Norfolk NR11 6AN.
TG 198 271 (MAP OS LR 133 or Explorer 252 and 040)

**A 50 mile (distance to be confirmed) Challenge Walk open to
walkers and runners
Start from 8 am Saturday (runners 9 am)
All to finish by 6 am Sunday**

**A Challenge based on previous events, through the undulating
countryside of North Norfolk.
The event format is simple, checkpoint facilities are minimal, but
plenty of food and drink will be provided.
There will be five checkpoints, with cold drinks and food.
Approximately half the walk will be in darkness.**

**Part of Eastern Triple Challenge with
Herts Stroller and
Shotley 50.**

The Winter Poppyline Saturday/Sunday 21st/22nd February 2015

ENTRY FORM - please detach and send to:
JAYNE COOK, 12 MELTON CLOSE, WYMONDHAM NR18 0JW
email: jayne.cook1963@btinternet.com

Please enter me for the Winter Poppyline, I agree to abide by the rules of the event and understand that the organisers cannot be held responsible for any injury or loss of effects sustained by me before, during or after the event. I agree to adhere to the Country Code. I am 18 or older. No Entries on the Day. No SEFs.

NO SEFs - PLEASE USE BLOCK CAPITALS - Name as you wish on certificate

NAME(MR/MRS/MISS/MS).....

ADDRESS.....

.....POSTCODE.....

email:.....

TEL NO..... tick for email acknowledgement

NATIONAL LDWA NUMBER (must be given if a member)

Entry fee (£15 LDWA, £25 non-LDWA)

QUALIFYING WALK.....

(Challenge with route description of 26 miles or more since 23rd February 2014 – please enclose copy of certificate or results sheet with name highlighted)

Please **delete** whichever of the following is inapplicable. **Walker / Runner**

Runner means that you intend to complete the event in less than 12 hours (jogging/fast walking), and that you will adjust your start time in order to pass through the checkpoints while they are open.

SIGNED.....

Cheques/Postal Orders to be made payable to NORFOLK & SUFFOLK LDWA
Enclose SAE (DL size) for acknowledgement and/or results. **Please mark envelopes Acknowledgement or Results as appropriate.** Check that you have signed and chosen correct options. Route Description will be **available for download** (Word/PDF) approx two weeks before the event.

This section will be used for postal acknowledgement of entry **if required.**
Please enclose sae (marked 'ack') or give email address (above) clearly written.

Thank you for your entry for the The Winter Poppyline 21st/22nd February 2015.

NAME

NATIONAL LDWA NUMBER WALK RUN

PAID £.....

ENTRIES MAY BE SUBMITTED ON A PHOTOCOPY OF THIS FORM - WP50_2015B

ENTRY FEE	Send to: JAYNE COOK, 12 MELTON CLOSE, WYMONDHAM NR18 0JW email: jayne.cook1963@btinternet.com Cheques/Postal Orders to be made payable to: NORFOLK & SUFFOLK LDWA Closing date for entries – 7th February 2015 – No Entries on the Day – No SEFs LDWA Members/affiliated clubs: £15.00 Non-Members: £25.00 This includes food and drink en-route and at the finish.
CANCELLATION	Should an event be cancelled for any reason entry fees will be refunded in the form of a credit note, which may be used in part payment for another Norfolk & Suffolk LDWA Challenge Walk, less a proportion of any expenditure which cannot be recovered. (ie deposits paid on hire of halls or equipment)
QUALIFYING DISTANCE	Must have completed an event (LDWA or similar) of at least 26 miles since 23rd Feb 2014. This qualifying event must be stated on the official entry form and a photocopy of the entrant's certificate or result sheet (with name highlighted) must be enclosed with the entry form.
TIMES	For Walkers (not joggers or runners) start time 08.00 Saturday 21st February For Runners (fast or slow) start time 09.00 Saturday 21st February Some flexibility in the start times is possible. Finish time by 06.00 Sunday 22nd February Please note that you will be asked to wait at a checkpoint if you arrive before it opens, so choose the later start if you intend to finish in less than 12 hours.
REGISTRATION	Will be open from 07.00. Please check in before starting.
FINISH	Certificates will be awarded to all entrants who complete the walk by 06.00 Sunday. The finish will not open until 17.00 on the Saturday.
BEFORE DRIVING	Please ensure that you have had sufficient rest and are fit to drive home. There is space available for sleeping at the finish, and limited showers. The hall will be cleared and closed at 10 am on the Sunday.
OBJECT & ROUTE	To cover a distance of 50 miles (tbc) on foot within 22 hours. A detailed route description will be available for download (Word/PDF) approximately two weeks before the event as the route is not marked. No special clothing is required; however you are advised to carry a waterproof jacket and to wear suitable footwear. Entrants have a responsibility, to themselves and to others, to ensure that they are prepared for this challenge. The ability to understand a route description, to read a map and use a compass is essential. Equipment should not be skimmed. It is strongly recommended that adequate spare warm clothes are carried (it is a winter event). PLEASE BRING A MUG, A COMPASS, A TORCH, SPARE BATTERIES AND BULB (if not an LED torch), WARM AND WATERPROOF CLOTHES, OS LANDRANGER 133 OR EXPLORER MAP 252 (Norfolk Coast East). EXPLORER 040 IS OPTIONAL (approx 7 miles of route), AND THE ROUTE DESCRIPTION.
CLOTHING & EQUIPMENT	
REFRESHMENTS	There will be cold drinks and food available at all checkpoints. Coffee/Tea will be available at the start. Food will also be available when you finish. Those participants who retire from the event must do so at a checkpoint if possible and hand their tally card to a marshal. Transport will be arranged to return entrants to the finish. PLEASE DO NOT START IF YOU DO NOT INTEND TO FINISH. THE TALLY CARD MUST BE RETURNED TO US OR WE WILL ASSUME YOU ARE STILL ON THE ROUTE. DON'T GO HOME WITHOUT TELLING US!
RETIREMENTS	
RESULTS	A results sheet will be published. Send SAE, DL size.
DOGS	Are welcome but may have to be on a lead in certain sections and must be under control at all times, and no dogs inside at start/finish or checkpoints.
ENTRY LIMIT	A limit may have to be put in place due to availability of parking, approx 150 Sorry, no sleeping is available at the start on Friday night. Please note that, though the organisers will take reasonable care, you are responsible for your own safety on this event.

PLEASE DETACH AND RETAIN THIS HALF OF THE FORM FOR YOUR REFERENCE
THIS ENTRY FORM (WP50_2015A) AND RESULTS AVAILABLE AT:
[HTTP://WWW.LDWA.ORG.UK/NORFOLKANDSUFFOLK](http://www.ldwa.org.uk/norfolkandsuffolk)