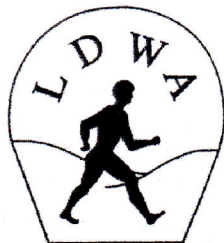


THE LONG DISTANCE WALKERS ASSOCIATION  
ESSEX AND HERTS. GROUP



**THE SHOTLEY PENINSULA 50**

**26/27 September, 2015**

*53 miles open to walkers and runners*



**VENUE:** Holbrook village hall, 6 miles south of Ipswich on the Shotley Peninsula. Grid ref: 168366.

**ROUTE:** Varied undulating route through Constable country (Flatford Mill, Willy Lott's cottage) with night section on the Shotley Peninsula between the rivers Stour and Orwell and the sea at Harwich..

**START TIME:** Walkers 8.45am. Runners/Joggers 9.45am. All to finish by 05.45am on Sunday. Runners must not start before 9.45am. **Opening and closing times will be strictly adhered to.**

**TIME LIMIT:** 21 hours.

**ENTRY FEE:** LDWA £12, non-LDWA £20, payable to Essex-Herts LDWA. *Fee only refundable for cancellation before September 5, less £3.*

**ENTRY LIMIT:** 150

**REGISTRATION:** From 7.15 onwards. Refreshments at start.

**EQUIPMENT:** The following **MUST** be carried: route description, OS map 169 (covers all but 6 miles of the route) or Explorer 197, compass, waterproofs, torch, spare batteries, bulb (unless LED) and mug (or equivalent) . Reflective or light-coloured clothing is advisable at night.

**CHECKPOINTS:** 9 checkpoints will provide drinks and snacks with a hot meal at 31miles and the finish.

**RETIREMENTS:** Participants who retire **MUST** do so at a checkpoint. Transport will be arranged to return them to the finish at Holbrook.

**AWARDS:** Certificates will be awarded to all who finish within the time limit.

**PLEASE NOTE:** Persons under the age of 16 years will not be accepted. If under 18 they must be accompanied by someone over 18 throughout the event. Their entry must be signed by a parent/guardian.

**NO ENTRIES ON THE DAY.** The closing date for the event is Monday, September 14.

**DOGS:** On a lead and with owner's liability insurance.

**ROUTE DESCRIPTION:** The route will be available to download from the Group website ([www.ldwa.org.uk/essexandherts](http://www.ldwa.org.uk/essexandherts)) or posted (**enclose 9x6 SAE please**) approx. 3 weeks before event.

**SLEEPING:** After finishing floor space will be available in the hall. The hall is not available on the Friday night, but local B&B's are available.

**TRIPLE CHALLENGE:** Part of the Eastern Triple Challenge with Herts Stroller and the Winter Poppyline.

**QUADRUPLE CHALLENGE:** The Shotley 50 is part of the E/H 40th Anniversary 2015 Quadruple Challenge, together with the Herts. Hobble and Blackwater Marathon (long routes) and the Stansted Stagger.

Send fee and entry form to Brian Adcock, 1 Sunnyside, Heathfield Road, Holbrook, Ipswich, Suffolk IP9 2QB, Tel. (01473) 328589, and a **S.A.E. or email address if acknowledgement required.**

FOR OFFICIAL USE NO. ....

**SHOTLEY PENINSULA 50  
ENTRY FORM**

FOR OFFICIAL USE NO. ....

Please use BLOCK CAPITALS

Name .....

Address .....

Tel.....

Email address .....

LDWA number..... Group .....

*Please enter me for the Shotley 50, I understand that I enter at my own risk and that the organisers cannot be held responsible for any injury sustained by myself, or for any property lost by me, in connection with the event.*

**I AGREE TO ABIDE BY THE RULES OF THE EVENT AND TO WEAR OR CARRY THE SPECIFIED EQUIPMENT AND FOLLOW THE COUNTRY CODE**

Signed .....Date .....

Age (under 18).....

Walker  Posted route

I enclose a cheque for £.....  
(payable to Essex-Herts LDWA)

*Please tick*  
Runner/Jogger  Vegetarian

Photocopies are acceptable. **Enclose an Email or S.A.E. if acknowledgement or posted route is required**

Please use BLOCK CAPITALS

Name .....

Address .....

Tel.....

Email address .....

LDWA number..... Group .....

*Please enter me for the Shotley 50, I understand that I enter at my own risk and that the organisers cannot be held responsible for any injury sustained by myself, or for any property lost by me, in connection with the event.*

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(payable to Essex-Herts LDWA)

*Please tick*  
Runner/Jogger  Vegetarian

Photocopies are acceptable. **Enclose an Email or S.A.E. if acknowledgement or posted route is required**