# Long Distance Walkers Association - Beds, Bucks and Northants Group

**STEPPINGLEY STEP**

**Sunday 20th November 2016 26, 18 and 12 mile routes**

**This event is part of our Triple Challenge**

**VENUE** Barton-le-Clay Village Hall, MK45 4JY GR TL 083 307

Park at the village hall or Arnold Academy, Hexton Road. MK45 4JZ GR TL 086 305

Please follow marshals’ directions

DO NOT PARK IN VILLAGE STREETS OR THE PRIVATE ROAD OPPOSITE THE HQ.

## START Hall opens at 07.30 for registration.

## Walkers only start from 08.00 with all others starting from 09.00

## All must finish by 18.30 Hall closes at 19.00

## CHECKPOINT OPENING & CLOSING TIMES WILL BE STRICTLY ADHERED TO

## NO DOGS ARE ALLOWED INSIDE ANY HALL (except assistance dogs)

## ALL MUST be on leads at all times & MUST have appropriate liability insurance.

##

**THE OBJECT** is to complete your chosen distance using a route description & passing through a number of checkpoints.

**ESSENTIAL EQUIPMENT** – YOUR ROUTE DESCRIPTION, COMPASS & MUG as there will be no mugs supplied at the checkpoints

**RECOMMENDED EQUIPMENT** – torch, mobile phone, first aid kit, waterproof trouser & jacket. Waterproof covers are also recommended for both route description & maps.

**MAPS** covering the routes O/S Landranger 153 & 166 (only 166 for 12 mile route) or

O/S Explorer 193. Marked up maps will be displayed at the start.

**YOU MUST DOWNLOAD & PRINT YOUR OWN ROUTE DESCRIPTION**.

If you are unable to do this, please include a stamped, self-addressed envelope, size C4 with a large letter stamp with your entry form marked ‘route description’. Route descriptions will not otherwise be available on the day. If you have a problem printing your route description, please contact Mike, details below. The route description, including checkpoint opening & closing times, also GPX files will be published on the BBN website by 8th November 2016.

**FOOD/DRINK** - The entry fee includes hot & cold drinks throughout, biscuits at the start, snacks at all checkpoints & a light meal at the finish. Refreshments provided may be prepared & served under uncontrolled conditions. Obviously all practical efforts will be taken to maintain food safety. However from a legal standpoint entrants must independently determine the suitability of the refreshments that we provide.

**RETIREMENTS** You MUST inform a walk official. Return transport will only be provided from a checkpoint.

**AWARDS** This is part of the S-S-S triple challenge. It is not a race & there are no prizes.

A certificate will be awarded to all who finish. Event badges will be available.

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#### ENTRY FEES LDWA members £6.00 Non-members £9.00 Under 18 are FREE

Entries limited to 300 – – paper application must arrive by Tuesday 8th November 2016.

SiEntries will close on 12th November 2016

THERE WILL BE NO ENTRIES ON THE DAY & ENTRIES ARE NOT TRANSFERABLE

### A £2.00 admin fee will be charged on cancellation refunds advised before 1st October 2016 –

### After this date no refunds will be given

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For on-line entries go to [www.sientries.co.uk](http://www.sientries.co.uk)

For paper entries go to [**www.ldwa.org.uk/bedsbucksandnorthants**](http://www.ldwa.org.uk/bedsbucksandnorthants)

**Or phone Mike Hyland on 01494 774154 before 21.00**

**Or write to Mike Hyland at**

**55 Broadlands Avenue, Chesham, Bucks. HP5 1AL**

##### ENTRY FORM

#####  For the Steppingley Step Sunday 20th November 2016

**PLEASE PRINT CLEARLY IN BLOCK CAPITALS - ONE NAME PER ENTRY FORM**

Name as to appear on certificate

…………………………..……………………………….…………….................................................................................

Address……………………………………………………………………………..…………………………………….....

………………………………………....................................................................................................................................

Post Code ………….............................. E-mail.................................................................................................................

Date of Birth ……………………………… Gender...male / female

Phone No. …………………………………............. L.D.W.A. No. ………………….......................................................

Delete as necessary :- 26 mile 18 mile 12 mile Walker /Jogger /Runner

Mobile phone number as carried on the day...........................................................................................................................

Emergency contact on the day ……………………………………………………………………………………………

Please note any medical conditions or allergies that we should be aware of

**By signing this form, I understand that personal information submitted as part of this entry form will be held by the event organisers for a period of up to 3 years after the event is held for the purposes of managing this event only. I further understand that photographs are likely to be taken at the event, which may be featured in Strider magazine or on LDWA websites. In addition, I understand that summery information may be published immediately & may be held in perpetuity for the purpose of providing a record of the event.**

**I will have the right to request that all my personal summery information is anonymised, should I so request.**

I agree to abide by the country code & the rules of the event. I understand that this is a challenge event & that the organisers cannot be held responsible for personal property or accidental injury

Signed ……………………………………………

If entrant is under 18, the parent/guardian must state name, sign below & must accompany the under 18 at all times.

Name . . . . . . . . . . ………………...................... Signed ………………………………………

**POST TO**

**MIKE HYLAND, 55 BROADLANDS AVENUE, CHESHAM, BUCKS. HP5 1AL**

If acknowledgement is required please give email address or enclose stamped, self addressed envelope marked ‘acknowledgment’. Please check you have used the correct postage**.**

Cheques (signed and dated) payable to LDWA-BBN Group

**Please contact Mike if acknowledgement of entry has not been received within 10 days**

### PHONE 01494 774154 before 21.00

### email mike.hyland@ntlworld.com