

LONG DISTANCE WALKERS ASSOCIATION ESSEX HERTS GROUP
16th STANSTED STAGGER Monday 2nd January 2017

- START** United Reform Church Hall, Chapel Hill, Stansted. GR TL 513 249 (OS 167)
Hall will be open from 7.30 am. Walkers anytime from 8 am Runners from 9 am.
- PARKING** At Crafton Green cp [GR511251] at top of Chapel Hill and at Lower Street cp [GR 514249] at bottom of the hill.
Please do not park elsewhere. Parking will be marshalled.
There is no parking available at the hall.
- EQUIPMENT** Your normal winter walking gear. Essex can be wet, cold & very muddy, be prepared.
PLEASE BRING A MUG and carry a basic First Aid Kit. Maps Landranger 167 & 154 or Explorer 195. If you expect to finish after 4pm you will need a torch. Some food & drink of your own to augment that supplied at the one checkpoint is advisable.
- ROUTE DESCRIPTION** This will be on the Essex and Herts webpage 2 weeks before the event. **ROUTE DESCRIPTIONS WILL NOT BE AVAILABLE AT THE START** (unless a hard copy has been requested).
- THE WALK** The total distance is 25.1 miles. The checkpoint at 12.7 miles will be open from **10.45 to 12.45** where drinks and snacks will be supplied. If you have not left the checkpoint by 12.45 you will be retired. If you retire please ensure that you notify the checkpoint marshals or the finish. An emergency telephone number will be shown on the route description and route card.
- ENTRY** LDWA members £6.00 Non LDWA £8.00. Entries will be acknowledged by email (if no email send SAE if acknowledgement is required). **If acknowledgement has not been received by e-mail within one week, please e-mail d.brearley@hotmail.co.uk** Entry limit 180. Entries are not transferable.
Dogs must be on short leads (owner with relevant insurance cover). NO DOGS IN HALLS.
NO ENTRIES ACCEPTED AFTER 24th DECEMBER. ABSOLUTELY NO ENTRIES ON THE DAY
- FINISH** All to finish by 5 pm. The hall will close at 5.30 pm. Certificates will be issued on the day to in time finishers.
Drinks & a snack meal will be available at the finish.
- ORGANISERS** **Essex and Herts LDWA** Contacts: Jean Bowers Tel. 01787 460181 e-mail jeanbill.walking@tesco.net
Dave Wingrove Tel. 01992 522147 e-mail davew2@btinternet.com
Entries to Debbie Brearley 7, Rosewood Close, Brandon Groves, South Ockenden, Essex RM15 6TJ
Tel. 01708 859314 e-mail d.brearley@hotmail.co.uk

SEVERE WEATHER WARNING If severe weather is forecast, please view Essex & Herts website
www.ldwa.org.uk/essexandherts or contact organisers to check if event is cancelled.

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STANSTED STAGGER ENTRY FORM (BLOCK CAPITALS PLEASE)

Post to: Debbie Brearley 7, Rosewood Close, Brandon Groves, South Ockenden, Essex RM15 6TJ
To be received by **24th December 2016**. Enclose appropriate entry fee with cheque payable to: **LDWA Essex / Herts Group**
I understand that the personal information submitted as part of this entry form will be held by the event organisers for a period of up to three 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 summary information may be published immediately and may be held in perpetuity for the purposes of providing a record of the event. I will have the right to request that all my personal summary information is anonymised.

NAME.....Runner/Walker (delete as appropriate) LDWA No.....

ADDRESS.....
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PHONE No.....CLUB/GROUP.....AGE(If under 18).....

ENTRY FEE..... SIGNATURE.....

Signature of parent or guardian of entrant is under 18 on day of event.....

(Under 18s must be accompanied by a parent or guardian.)

I intend to bring a dog and have the relevant insurance cover

E-MAIL ADDRESS

HARD COPY OF THE ROUTE DESCRIPTION MADE AVAILABLE AT THE START

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 follow the country code and rules of the event.