

CONDITIONS of ENTRY for CHRISTMAS CRACKER

- 1) Entries must be made on official entry forms of Trust or LDWA. Enclose cheque and SAE.
- 2) The event conforms to the Adventure Licensing Regulations 1944 and provides Public Liability Insurance Cover. It is open to persons of 18 yrs and over. Persons of 16-18 yrs may enter if accompanied by an adult whose signature is needed on the entry form. Younger families may do the 5 miler only.
- 3) The Trust reserves the right to: refuse any entry or require a walker to retire at a checkpoint to cancel the event if weather conditions justify this to disqualify a walker infringing the Country Code, deliberately damaging property or leaving the accepted route.
- 4) Neither the Trust nor its Officers are liable for any personal loss or injury nor loss or damage to equipment. Individual insurance is strongly recommended.
- 5) All walks are self-guided on routes which have been checked. Clear directions are supplied but OS maps (Explorer 214) of the area are useful.
- 6) The walks will be controlled from HQ in Phillips Hall, Abbey Cwmhir. All walkers must be conversant with the Safety Rules in case of accident. Mobile phone networks are not reliable here.
- 7) Cars must be parked tidy outside the Phillips Hall or in the carpark of Home Farm (see map on Confirmation of Booking form). Keys should be left with organisers with registration number attached in case of problems.

INFORMATION FOR WALKERS

- 1) There will be 5 walks made up from circular routes from Abbey Cwmhir: 5m, 12m, 17m, 20m, 25m. Please indicate your preferred distance
- 2) Cost will be £15 (for the 5 miler this will cover 2 adults and 2 children)
- 3) Book by Dec 1st so I have time to cancel - we need at least 40 walkers to cover costs.
- 4) Please be at Phillips Hall by the time indicated on the Confirmation Form. Tea and toast or cereal will be available if needed before you set out.
- 5) Bring your own provisions and emergency rations - Checkpoints provide hot drinks and nibbles.
- 6) You may retire at Checkpoints ONLY and will be given transport back to Abbey Cwmhir.
- 7) Soup and sandwiches etc will be provided at the Phillips Hall when you complete your walk.
- 8) The routes will be in circles centred on the Phillips Hall Checkpoint. The other 2 Checkpoints are at Bwlch y Sarnau and Llanbister.
- 9) Essential equipment needed Explorer OS map 214. compass, whistle, pocket first aid, water proof clothing and strong footwear.
- 10) A Confirmation of Booking form will be sent within 1 week of receiving cheque

ENTRY FORM FOR CHRISTMAS CRACKER WALKS ROUND ABBEY CWMHIR

(first Saturday in December each year)

2016 date is 3rd December

Name and Address:

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..... Postcode:

Telephone: Email:

Runner?: , , , , , , , , Route Distance: Car Registration:

Any medical condition which may be important in case of accident/emergency (confidential).

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I have read the Conditions of Entry and agree to abide by them

Date:

Signature:

Age if under 18: Additional signature needed:

Make up of Family Group: (2 adults to 2 children under 16yrs):

Names of Participants:

NB Be warned that the mobile phone network is not reliable in this area
Dogs must kept on leads.

Please send to: Christmas Cracker, c/o Bron yr Ysgol, Bron yr Ysgol, Montpellier Park,
Llandrindod, Powys LD1 5LW

Make cheques payable to : Abbey Cwmhir Heritage Trust. Please enclose SAE

Thanks - See you soon!