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|  | **LONG DISTANCE WALKERS ASSOCIATIONBEDS BUCKS NORTHANTS GROUP**22nd CHILTERN KANTERSUNDAY 5th MARCH 2023 26, 18 or 13 miles **This is part of a triple challenge with the**  **Hannington Hike and The Pick and Mix** | bbn7 from Michael Headley |

 **Until the end of Saturday 31st December 2022 priority entry is open to LDWA members only**

**On-line entries only at from 1st December 2022**

 **You will need to provide your LDWA membership number during the entry process**

**Entry will open for all at 12noon on Sunday 1st January 2023**

**VENUE:** Pitstone Memorial Hall, Pitstone, LU7 9EY Grid SP 937 155

There is limited parking at the village hall, then at the museum opposite. Please follow Marshals’ directions.

**ENTRY FEES:** LDWA members £9.00 Non-members £12.00 Under 18s Free.

Entry limit 250 when full a waiting list is added SIEntries close on 27th February 2023

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

 **THERE WILL BE NO SUBSTITUTIONS**

**START:** Hall opens from 07.30 for registration. There will be a rolling start for Walkers from 08.00 and

Runners from 09.00. When choosing a start time **PLEASE** take into account opening/closing times of checkpoints. All must finish by 18.30hrs. The hall will close at 19.00hrs.

 **CHECKPOINT OPENING & CLOSING TIMES WILL BE ADHERED TO**

**OBJECT: THIS IS A MAP READING EVENT.** To complete a set of questions at grid references on a course on foot by a route of your own choice passing through a number of checkpoints within a time limit. 1 checkpoint on 13mile, 2 checkpoints on 18mile, 3 checkpoints on 26mile routes.

**MAPS:** O/S Land-ranger 165 **OR** O/S Explorer 181 (recommended) are needed to cover all routes.

**GRID-QUESTION SHEET: YOU** must download your selected grid/question sheet from the website.

They are available from 21st February 2023. If you have any problem’s please contact Mike (details below).

**ESSENTIAL EQUIPMENT:** Please bring your own **MUG,** a pen or pencil is essential, with your selected grid/question sheet, map and cover.

**RECOMMENDED EQUIPMENT:**  Torch (if finishing after dark), mobile phone, first aid kit, waterproof jacket and trousers, waterproof covers for map and grid sheet.

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

**AWARDS:** This is not a race & there is no prizes, but each entrant who answers the questions correctly will be awarded a certificate. Badges will also be available. This event is part of the new triple challenge with the Hannington Hike and the Pick & Mix

**FOOD/DRINK:** The entry fee includes drinks throughout, biscuits at the start, snacks at all checkpoints & a light meal at the finish. We will cater for vegetarians as well as meat eaters, and there may be some vegan food available, but it can’t be guaranteed. Sorry but can’t provide for any other dietary requirements. 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.

**CANCELLATION:** A £2.00 admin fee will be charged on cancellations advised before on 20th February 2023 after this date no refunds will be given

 No paper or SEF entries will be accepted

 E-mail MIKE HYLAND at bbn-ck@ldwa.org.uk

 For more information go to <https://www.ldwa.org.uk/bedsbucksandnorthants>