# L.D.W.A. - Beds, Bucks and Northants Group

**PICK and MIX**

 **Anytime challenge from 24th May to 31st August 2021**

This event is part of a triple challenge with the Hannington Hike & The Chiltern Kanter

**START** Outside the Great Missenden School, Staff Entrance gates in Buryfield Car Park on Link Road

 near HP16 9AE. GR SP 896014

**ENTRY**  To enter the event you must first log in or register your details with SiEntries

 at <https://www.sientries.co.uk> **Entry Open: 17th May 2021 Entry Closes: 31st August 2021**

#### ENTRY FEES This is ONLY open to LDWA members £5.00

**PARKING** In Buryfield Car Park or Link Road Car Park. Please park correctly and pay the appropriate fee. **Public toilets are situated within the LINK ROAD CAR PARK (GR SP 894015) across the road opposite the school staff entrance gates(start)**

## FINISH All must finish within 10 hours of their start time

**SAFETY** For their own safety, the entrant MUST text a close friend as they start & again as they finish, to log their intention of their day's walk. Please read the risk assessments.

**OBJECT**  To complete your chosen total distance in any combination of loops, on foot following route descriptions. There are 12, 8, 6 & 5 mile routes are available, PLEASE CHECK your confirmation email for more details. The walk follows mainly field paths, tracks, woods & streams, through undulating country side with good views from the hills across the Chilterns.

**EQUIPMENT** We advise you to wear suitable footwear & clothing, also to have maps Landranger 165 or Explorer 181 & 172, waterproofs, compass, food & drink, but essentially have a face mask and hand sanitiser (relating to Covid-19) AND your **ROUTE DESC****RIPTION(S).**

**FOOD/DRINK** **YOU MUST BRING ALL YOUR OWN FOOD AND DRINK** as required for your day out.

 There may be food, hot and cold drinks available to purchase in the village.

**TRANSPORT** Great Missenden Rail Station is only 2 minutes walk away from the start.

**AWARDS** This event is not a race & there are no prizes. However, a certificate will be emailed to everyone who wishes. Please email your times, loop colours and distances to Mike (email below)

 Badges can be posted, free of charge, if you ask on your email and give your address, please.

1. **CANCELLATION:** The event is an ANYTIME CHALLENGE between set dates and can be done at your leisure without any real need to cancel. But a £2.00 admin fee will be charged on cancellation
2. **DISCLAIMER:** You agree that you participate in the event at your own risk. You understand that you are responsible for ensuring that you have undertaken the necessary preparation and training to participate in the event, that you are sufficiently fit and healthy to participate and that you will comply with all relevant UK government and local (English Tiers, Wales, Scotland & N.Ireland) COVID laws and guidelines. You understand that if you have a medical condition that would cause doubt on whether you can participate in the event, then you will not do so unless you have sought medical advice to confirm your fitness to participate. You will abide by the Countryside Code and understand that the Long Distance Walkers Association will not be held responsible or liable for any loss, damage, action, cost, expense, claim, injury, illness and in worst case scenario, death suffered as a result of your participation. On entering the event, you assume full and complete responsibility for any injury, accident, costs, expenses, damages, losses and any other liabilities which may occur while you are travelling to and from the event and during the event

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If the event has to be cancelled for any reason, including changes to Covid-19 guidelines, the organisers will publish a notice on SiEntries and the BBN website. Entrants are strongly recommended to check this before departure.

 Please read our risk assessments as published on BBN website

All current LDWA and government Covid-19 regulations and guidelines

MUST be adhered to at all times

 No paper or SEF entries will be accepted

### email MIKE HYLAND at bbn-pandm@ldwa.org.uk

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