LONG DISTANCE WALKERS ASSOCIATION - BEDS BUCKS NORTHANTS GROUP

STEPPINGLEY STEP Sunday 19th November 2023 26, 18 and 12 mile routes This event is part of our Triple Challenge with The Shillington Shuffle and The Sundon Saunter



Until the end of Sunday 22rd October priority entry is open to LDWA members only On-line entries only at from 1st Sept <u>www.sientries.co.uk</u>

You will need to provide your LDWA membership number during the entry process Entry will open for all at 12noon on Monday 23rd October

VENUE Barton-le-Clay Village Hall, MK45 4JY GR TL 083 306 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.**

<u>START</u> Hall opens at 07.30 for registration. There will be a rolling start from 08.00, Runners/Joggers/Fast walkers from 09.00 and 12mile Walkers Only. When choosing a start time, everyone must take into account the opening/closing times of the checkpoints. Anyone arriving outside those times will have to wait (if early) or will be retired from the event (if late). All must finish by 18.30 Hall closes at 19.00

CHECKPOINT OPENING & CLOSING TIMES WILL BE STRICTLY ADHERED TO

EMERGENCY Phone number for the day ONLY 07810 430911

ROUTES 26 and 18 mile for walkers and runners. 12 mile for walkers only

DOGS are allowed on this event, **BUT NO DOGS** are allowed in any of the halls (except assistance dogs). **ALL MUST** be on leads at all times & **MUST** have appropriate liability insurance.

ENTRY FEES LDWA members £10.00 Non-members £15.00 Under 18 are FREE Entries limited to 250 when full a waiting list is added Sientries close. 17th November 2023

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

A ± 2.00 admin fee will be charged on cancellation refunds advised before 5th November 2023 . After this date no refunds will be given

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

EQUIPMENT – YOUR ROUTE DESCRIPTION, COMPASS & MUG as there **WILL BE NO** mugs supplied at the checkpoints, torch (if finishing after dark), mobile phone, first aid kit, waterproof trousers & jacket. Waterproof covers are also recommended for both route description & maps.

<u>MAPS</u> covering the routes O/S Landranger 153 + 166 (166 for 12 mile route only) or O/S Explorer 193. Marked up maps will be displayed at the start.

YOU MUST DOWNLOAD & PRINT YOUR OWN ROUTE DESCRIPTION.

Route descriptions will **NOT** 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 9th November 2023.

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 not be guaranteed. Sorry but we cannot 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. How ever 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.

<u>AWARDS</u> A certificate will be awarded to all who finish, plus free badge on request. We also give certificate & badge to all who complete the BBN triple challenge: Shillington Shuffle, Sundon Saunter and Steppingley Step, in any order, any route.

E-mail Mike Hyland at bbn-sswalks@ldwa.org.uk