

Long Distance Walkers Association - Beds, Bucks and Northants Group

SUNDON SAUNTER

Sunday 20th November 2022 27, 18 and 12 mile routes

This event is part of our Triple Challenge with The Shillington Shuffle and
The Steppingley Step

Until the end of Sunday 23rd October priority entry is open to LDWA members only

On-line entries only at from 1st Sept

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

Entry will open for all at 12noon on Monday 24th October

VENUE Barton-le-Clay Village Hall, MK45 4JY GR TL 083 307
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.

START Hall opens at 07.30 for registration. There will be a rolling start from 08.00. 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

NO DOGS ARE ALLOWED INSIDE ANY HALL (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 Sentries close. 13th November 2022

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 6th November 2022 . After this date no refunds will be given

SAFETY Please adhere to all Government & LDWA guidelines at all times, the guidelines is now of personal choice. You have to manage your own risks & those to everyone else. This includes the wearing of a face covering to reduce the risk to yourself & to others you come in contact with. We will ask that you do wear your face covering in all communal areas. it is imperative that you respect those who may wish to take a more cautious approach as we return to a normal life.

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.

MAPS covering the routes O/S Landranger 166 + (153 for 27mile route only) or
O/S Explorer 193 + (192 for 27mile route only). 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 10th November 2022.

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. However 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.

AWARDS 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