6th ESSEXWALKER CHALLENGES APRIL 15th 2012

ESSEX AND HERTS GROUP OF THE LONG DISTANCE WALKERS ASSOCIATION PRESENTS THE 6TH ESSEXWALKER CHALLENGES ON SUNDAY 15TH APRIL 2012

Four ONLY events are on offer–please choose one and tick the number below
THIS IS A MASSED START EVENT.(After Christmas watch website for more route details)

VENUE	**Purleigh Village Hall CM3 6PB GR TL 836 020**
OBJECT	**To complete chosen route on foot following the route description.**
REGISTRATION	**Opens at 7:30**
FINISH	**All by 18:30**
PARKING	**At the start – Be guided by marshals**
REFRESHMENTS	**Tea and biscuits at start. Drinks/snacks at checkpoints.Meal at end**
RETIRMENTS	**Preferably at checkpoints.OR contact emergency phones for Transport to finish**
EQUIPMENT	**Dress for the weather. A changed route linking Blackwater and Crouch estuaries. A proven route description will be issued at the Start enabling everyone with care to complete the route. ****
AWARDS	**Certificate to all finishers.**
ENTRIES	**Adults £6.50 under 16 £2.50 Entries close April 7th CERTAIN or When 225 received.**

INFORMATION A list of entrants will be posted on www.essexwalker.org under Editorial enabling you to check if your entry is in. Extra entry forms can be downloaded from the same site. Results will be posted on the same site with a link to any photographs we can muster.

Make a note of your chosen event here…………………………for your own records
CUT>>CUT

I wish to enter for the 6TH essexwalker challenges on Sunday 15th April 2012

EVENT	Number	Approx Distance	Start Time	TICK ONE
Event No 1	1	15 miles WALK *	10:00	
Event No 2	2	15 miles RUN/JOG	10:00	
Event No 3	3	At least 26.2 miles WALK *	08:30	
Event No 4	4	At least 26.2 miles RUN/JOG		

***A walker will not run a single step. In the interest of fairness please enter the run/jog event if you are not a walker. *No other start times/distances are available.**

NAME………………………………………………………(AGE IF UNDER 16…….)

ADDRESS…………………………………………………………………………………..

…………………………………………………………………………………………….

PHONE NO………………………EMAIL……………………….LDWA NUMBER……………

If you are a first-time entrant please see useful notes on www.essexwalker.org (editorial)
I agree to follow the country code and abide by the rules of the event. I understand that the organisers are not responsible for any injury sustained or for any loss or damage to property belonging to participants. Sorry, NO DOGS allowed in the hall. Please avoid lead tangles with other walkers

SIGNED……………………GUARDIAN if under 18 …………………………
Enclose cheque payable to Essex & Herts LDWA and post to reach John Mountain, 53 Lawling Avenue, Heybridge, Essex CM9 4YT by 7th April. No entries on day. Limit 225. Tel: 01621 843678 (before 9 pm)
mountainjohn@metronet.co.uk. www.essexwalker.org
Visit www.essexwalker.org (Editorial) to confirm your entry has been received but allow for weekly updating. The results will be posted here and you can view any photographs by using the link to Flickr.