

GETTING THERE, STAYING THERE & PARKING

The Daffodil Dawdle

DATE Sunday 28th March 2010
VENUE Kirtling Village Hall, Kirtling (Cambs), Nr Newmarket, Suffolk. GR 689 568
MAP OS LR 154

Kirtling is about 4 miles south east of Newmarket.

YHA: Saffron Walden or Cambridge.

Tourist Information (B&B etc): 01638 667200

The Poppyline Marathon

DATE Sunday 6th June 2010
VENUE Youth & Community Centre, Cromer Road, Sheringham, Norfolk. GR 159 430
MAP OS LR 133

On A148 (Fakenham - Cromer Road) take A1082 signpost Sheringham (NOT Upper Sheringham).
At roundabout turn Right & 1st Left 40yds after Fire Station. Follow around to Left. Park at start.
If full for alternative parking return to roundabout, turn Right & 1st Left to carpark (pay & display).
Sheringham has a rail station. Nearest main line station is Norwich.

YHA: Sheringham.

Camping: Beeston Regis, Sheringham.

Tourist Information (B&B etc): 01263 824329

Showers available at finish

The Flower of Suffolk

DATE Sunday 3th October 2010 (to be confirmed)
VENUE Village Hall, Walberswick, Suffolk. GR 498 746
MAP OS LR 156

On A12 (Great Yarmouth - Ipswich Road) take B1387 signpost Walberswick. Cross B1125 to Walberswick. Start is 5/8 mile from 30 mph signs. DO NOT PARK AT START, but either continue ahead or turn left through village (350 yards) to carparks.

YHA: Blaxhall

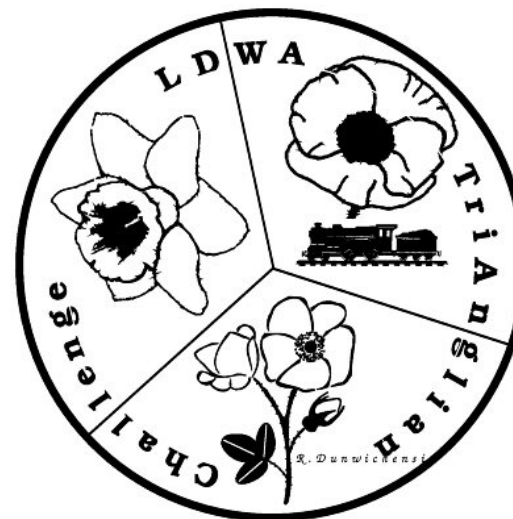
Camping: Dunwich or Southwold.

Tourist Information (B&B etc): Aldeburgh - for Walberswick and south - 01728 453637
or Southwold - for Southwold and north - 01502 722366

Sorry no showers at finish (But the sea is 5 minutes' walk)

Entry forms and results can be downloaded from the Norfolk and Suffolk group website
<http://ldwa-ns.org.uk>

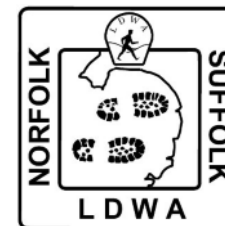
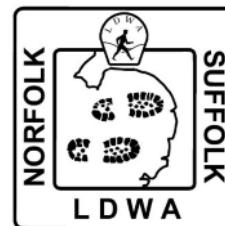
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The Daffodil Dawdle
Sunday 28th March 2010

Near Newmarket, Suffolk.
Studs, Woods and Pasture,
between Newmarket and the River Stour

A 18 or 26 mile Challenge Walk
Part of the TriAnglian Challenge
with the Poppyline Marathon (June 2010)
and Flower of Suffolk (October 2010)



ENTRY FORM - please detach and send to:
Jessie Nicholls, Cyerblue, 41 Broom Street, Great Cornard, Sudbury, Suffolk CO10 0JT
☎ 01787 372849, email: daffodil@ldwa-ns.org.uk

Please enter me for the Daffodil Dawdle Challenge Walk, I agree to abide by the rules of the event and understand that the organisers cannot be held responsible for any injury or loss of effects sustained by me before, during or after the event.
I agree to adhere to the Country Code at all times. I am 18 or older. I also agree to accompany at all times any person entered by myself who is under the age of 18. All entrants please sign below to accept this.
(Parent or legal guardian to sign on your behalf if under 18)

Cheques/Postal Orders to be made payable to NORFOLK & SUFFOLK LDWA.
Make sure that you have ENCLOSED, SIGNED and CORRECTLY DATED your cheque, and that it is payable to NORFOLK & SUFFOLK LDWA.
Results will be sent if required - enclose SAE.
Check that you have signed and ticked correct boxes.

NO SEFs - PLEASE USE BLOCK CAPITALS - Name as you wish on certificate

NAME(MR/MRS/MISS/MS).....

ADDRESS.....

.....POSTCODE.....

Email

TEL NO.....AGE (IF UNDER 18)

NATIONAL LDWA NUMBER (must be given if a member)

RUN (27mile ONLY) WALK LONG ROUTE WALK SHORT ROUTE

SIGNED.....

This section will be used for acknowledgement of entry **if required**.
Please enclose sae or tick email box (write address above clearly).
Thank you for your entry for the Daffodil Dawdle 28th March 2010.
The route description will be available on the day of the event.

NAME

NATIONAL LDWA NUMBER

RUN (26mile ONLY) WALK LONG ROUTE WALK SHORT ROUTE

PAID £..... Email acknowledgement required

ENTRY FEE

Send to: Jessie Nicholls, Cyerblue, 41 Broom Street,
Great Cornard, Sudbury, Suffolk CO10 0JT
☎ 01787 372849, email: daffodil@ldwa-ns.org.uk

Cheques/Postal Orders to be made payable to:
NORFOLK & SUFFOLK LDWA

Will be refundable up to one month before the event.
Closing date for entries - the Thursday before the event.
NO ENTRIES ON THE DAY.
LDWA Members/affiliated clubs: £5.00
Non-Members: £6.00

This includes food and drink en-route and at the finish.
Walk numbers and route description will be issued on the day

CANCELLATION

Should an event be cancelled for any reason entry fees will be refunded in the form of a credit note, which may be used in part payment for another Norfolk & Suffolk LDWA Challenge Walk, less a proportion of any expenditure which cannot be recovered. (ie deposits paid on hire of halls or equipment)

START

Walkers between **9.00** and **9.30**. (**9.00 for slow walkers**)
Runners (long route only) **10.00** to **10.30** to meet opening times of later checkpoints.
All finish by **18.30**.
Short route: please do not run and do not start before 9.30

REGISTRATION

Will be open from 08.30. Please check in at least half hour before start.

OBJECT

To cover a distance of 26 miles (or short option, 18 miles) on foot within a given time limit. A detailed route description will be issued on the day as the route is not marked. Certificates will be awarded to all entrants who complete the walk by 18.30

CLOTHING & EQUIPMENT

No special clothing is required; however you are advised to carry a waterproof jacket and to wear suitable footwear.
PLEASE BRING A MUG, A COMPASS AND MAP OS LR 154 or Explorer 210.

REFRESHMENTS

There will be cold drinks and food available at all checkpoints and hot drinks on some Hot drinks at the start. There will be drinks and food at the finish.
We advise you to carry extra drink if the weather is hot.

RETIREMENTS

Those participants who retire from the event must do so at a checkpoint and hand their tally card to a marshal. Transport will be arranged to return entrants to the finish.
THE TALLY CARD MUST BE RETURNED TO US OR WE WILL ASSUME YOU ARE STILL ON THE ROUTE. DON'T GO HOME WITHOUT TELLING US!

BADGES & SHIRTS

A badge is available for purchase at the finish. An additional award of Badge & Certificate is available BY POST for those COMPLETING THE LONG ROUTES of all three walks (TriAnglian) in 2009 for an additional £1.50, payable on completion of the last walk. Shirts may be available for purchase on the day of the event.

TriAnglian CHALLENGE

RESULTS

A results sheet will be published for each event. Send SAE(s), DL size.

DOGS

Are welcome but should be on a short lead (especially in the presence of horses). Dog owners are entirely responsible for the actions of their dog.

THE ADVENTURE ACTIVITIES LICENCING REGULATIONS 1996

This event complies with the requirements of the Adventure Activities Licensing Regulations 1996.