

GETTING THERE, STAYING THERE & PARKING

The Daffodil Dawdle

DATE Sunday 27th March 2011
VENUE Kirtling Village Hall, Kirtling (Cams), Nr Newmarket, Suffolk. GR 689 568
MAP OS LR 154 or Explorer 209 & 210

Kirtling is about 4 miles south east of Newmarket.

YHA: Castle Hedingham or Cambridge.
Tourist Information (B&B etc): 01638 667200

The Poppyline Marathon

DATE Sunday 12th June 2011
VENUE Youth & Community Centre, Cromer Road, Sheringham, Norfolk. GR 159 430
MAP OS LR 133 or Explorer 251 & 252

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.

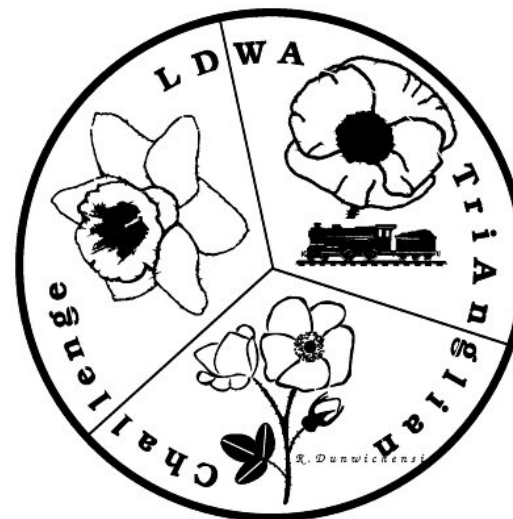
YHA: Sheringham.
Camping: Beeston Regis, Sheringham.
Tourist Information (B&B etc): 01263 824329
Showers available at finish

The Flower of Suffolk

DATE Sunday 2nd October 2011
VENUE Village Hall, Walberswick, Suffolk. GR 498 746
MAP OS LR 156 or Explorer 212 & 231

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)

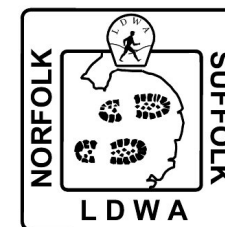
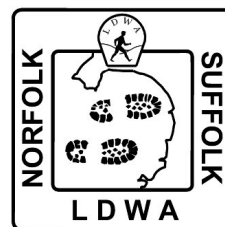


The Flower of Suffolk

Sunday 2nd October 2011

On the Suffolk Heritage Coast
Heaths, Coastal and Inland Paths

A 17 or 26 mile Challenge Walk
Part of the TriAnglian Challenge
with the Daffodil Dawdle (27th March 2011)
and Poppyline Marathon (12th June 2011)



Please detach and retain this half of the form for your reference
This entry form and results available at: <http://www.ldwa.org.uk/NorfolkandSuffolk>

ENTRY FORM - please detach and send to:
Chris Flood, Lodge Farm Cottage, The Street,
Coney Weston, Bury St Edmunds, Suffolk. IP31 1HG
☎ 01359 221540, email: flower_suffolk@ldwa-ns.org.uk

Please enter me for the Flower of Suffolk 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.....

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

NATIONAL LDWA NUMBER (must be given if a member)

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

SIGNED.....

This section will be used for acknowledgement of entry **if required**.
Please enclose sae or give email address clearly written.
Thank you for your entry for the Flower of Suffolk 2nd October 2011
The route description will be available on the day of the event.

NAME

NATIONAL LDWA NUMBER

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

PAID £..... email:.....

Send to: Chris Flood, Lodge Farm Cottage, The Street,
Coney Weston, Bury St Edmunds, Suffolk. IP31 1HG
☎ 01359 221540, email: flower_suffolk@ldwa-ns.org.uk

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

ENTRY FEE

Will be refundable up to one month before the event.
Closing date for entries – 28th September
NO ENTRIES ON THE DAY.
LDWA Members/affiliated clubs: £5.00
Non-Members: £6.00

CANCELLATION

This includes food and drink en-route and at the finish.
Walk numbers and route description will be issued on the day
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 **8.00** and **8.30**. (**8.00 for slow walkers**)
Runners **9.30** (long route only)
All finish by **18.00**.

REGISTRATION

Short route: please do not run and do not start before 8.30
Will be open from 07.30. Please check in at least half hour before start.

OBJECT

To cover a distance of 26 miles (or short option, 17 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 18.00

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 156 or Explorer 212 & 231.

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 2011 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 may have to be on a lead in certain sections.

THE ADVENTURE ACTIVITIES LICENCING REGULATIONS 1996

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