

The Not For Nothing Fifty – Getting There

VENUE: Hanworth Memorial Hall, Norfolk. TG193354. Hanworth is 20 miles north of Norwich, 5 miles south of Cromer, off the A140. Turn off at a stone cross (TG211348) to the west. Follow this road and cross a cattle grid to enter the common. Please follow marshals' directions for parking.

The start is a 4.5 mile walk from either Gunton or Roughton Road railway stations (on the Norwich-Cromer line).

OTHER NORFOLK AND SUFFOLK LDWA EVENTS IN 2010

The Daffodil Dawdle

DATE Sunday 28th March 2010
VENUE Kirtling Village Hall, Kirtling (Cams), 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 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.

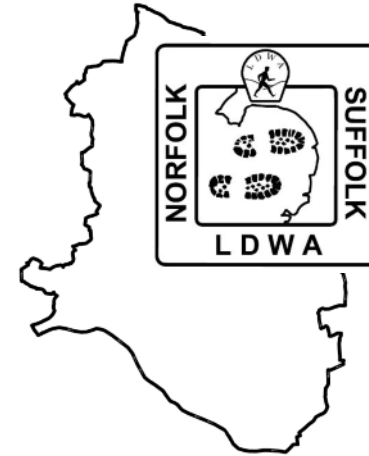
YHA: Blaxhall

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)

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>



The Not For Nothing Fifty Saturday/Sunday 27th/28th February 2010

VENUE Hanworth Memorial Hall, Norfolk. TG193354
(MAP OS LR 133 or Explorer 252 and 040)

A 50 mile Challenge Walk open to walkers and runners
Start from 8 am Saturday, finish by 6 am Sunday

A New Challenge for 2010, through the undulating countryside of North Norfolk. The event format is simple, checkpoint facilities are minimal, but plenty of food and drink will be provided. There will be five checkpoints, most with hot drinks and hot food at 32 miles. Approximately half the walk will be in darkness, the more scenic parts will be in daylight!

**The Not For Nothing Fifty
Saturday/Sunday 27th/28th February 2010**

ENTRY FORM - please detach and send to:
John Edwards, 2 Parsonage Farm Lane, Woodditton, Newmarket, CB8 9RZ
☎ 01638 732612, email: NFN50@ldwa-ns.org.uk

Please enter me for the Not For Nothing Fifty, 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. I am 18 or older. No Entries on the Day.

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

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

ADDRESS.....

.....POSTCODE.....

TEL NO.....

NATIONAL LDWA NUMBER (must be given if a member)

Entry fee (£8 LDWA, £9 non-LDWA) Posted Route Description Required Y / N

Friday night sleeping/breakfast £3 cash on day – Limited numbers, please confirm with organisers before the day if you intend to take advantage of this.

QUALIFYING WALK.....
(Challenge with route description of 25 miles or more in the 12 months preceding the event)

Please **delete** whichever of the following is inapplicable. **Walker / Runner**

Runner means that you intend to complete the event in less than 12 hours (jogging/fast walking), and that you will adjust your start time in order to pass through the checkpoints while they are open.

SIGNED.....

Cheques/Postal Orders to be made payable to NORFOLK & SUFFOLK LDWA
Enclose SAE (DL size) for acknowledgement if required. Results will be sent if required - enclose additional SAE. Check that you have signed and chosen correct options.
Route Description will be **available for download** (Word/PDF) approximately two weeks before the event. Route description will be posted **if required (see above)**, approximately two weeks before the event. Do not send any envelopes for this.

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 The Not For Nothing Fifty 27th/28th February 2010.

NAME

NATIONAL LDWA NUMBER WALK RUN

PAID £..... email:.....

ENTRIES MAY BE SUBMITTED ON A PHOTOCOPY OF THIS FORM

ENTRY FEE	Send to: John Edwards, 2 Parsonage Farm Lane, Woodditton, Newmarket, CB8 9RZ, 01638 732612, email: NFN50@ldwa-ns.org.uk Cheques/Postal Orders to be made payable to: NORFOLK & SUFFOLK LDWA Closing date for entries – 12th February 2010 – No Entries on the Day LDWA Members/affiliated clubs: £8.00 Non-Members: £9.00 This includes food and drink en-route and at the finish.
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)
QUALIFYING DISTANCE	Please state on the entry form any challenge event of 25 miles or more which you've completed using a route description in the 12 months preceding the event For Walkers (not joggers or runners) start time 08.00 Saturday 27th February For Runners (fast or slow) start time 09.00 Saturday 27th February Some flexibility in the start times is possible. Finish time by 06.00 Sunday 28th February
TIMES	Please note that you will be asked to wait at a checkpoint if you arrive before it opens, so choose the later start if you intend to finish in less than 12 hours.
REGISTRATION	Will be open from 07.00. Please check in before starting.
FINISH	Certificates will be awarded to all entrants who complete the walk by 06.00 Sunday. The finish will not open until 17.00 on the Saturday.
BEFORE DRIVING	Please ensure that you have had sufficient rest and are fit to drive home. There is very little space available for sleeping at the finish, so please make your own arrangements if possible. No showers available.
OBJECT & ROUTE	To cover a distance of 50 miles on foot within 22 hours. A detailed route description will be available for download (Word/PDF) and will be sent by post if required (state on entry form) approximately two weeks before the event (or when entry received if later) as the route is not marked. No special clothing is required; however you are advised to carry a waterproof jacket and to wear suitable footwear.
CLOTHING & EQUIPMENT	PLEASE BRING A MUG, A COMPASS, A TORCH, SPARE BATTERIES AND BULB (if not an LED torch), WARM AND WATERPROOF CLOTHES, OS LANDRANGER 133 OR EXPLORER MAP 252 (Norfolk Coast East), EXPLORER 040 IS OPTIONAL (approx 7 miles of route – incorrect in Strider), AND THE ROUTE DESCRIPTION.
REFRESHMENTS	There will be cold drinks and food available at all checkpoints and hot drinks on all except the first. Hot food at 32 mile checkpoint. Coffee/Tea will be available at the start. Food will also be available when you finish. Those participants who retire from the event must do so at a checkpoint if possible and hand their tally card to a marshal. Transport will be arranged to return entrants to the finish. PLEASE DO NOT START IF YOU DO NOT INTEND TO 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!
RETIREMENTS	
RESULTS	A results sheet will be published. Send SAE, DL size.
DOGS	Are allowed but may have to be on a lead in certain sections and must be under control at all times
ENTRY LIMIT	There is a limit of 100 entries

Sleeping is available at the start on Friday night from 20.00 hours for £3.00, cash on day. A breakfast of toast/cereal/coffee/tea is included for those sleeping at the start on Friday. There is limited space available, please confirm with organisers before the day if you intend to take advantage of this.

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](http://www.ldwa.org.uk/norfolkandsuffolk)