



The Winter Poppyline

Saturday/Sunday 21st/22nd February 2015

VENUE Aylsham High School, Sir Williams Lane, Aylsham, Norfolk NR11 6AN.
TG 198 271 (MAP OS LR 133 or Explorer 252 and 040)

A 50 mile (distance to be confirmed) Challenge Walk open to walkers and runners

Start from 8 am Saturday (runners 9 am) All to finish by 6 am Sunday

A Challenge based on previous events,
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, with cold drinks and food.

Approximately half the walk will be in darkness.

Part of Eastern Triple Challenge with Herts Stroller and Shotley 50.

Available details from the entry form:

The Winter Poppyline

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ENTRY FEE

Send to: JAYNE COOK, 12 MELTON CLOSE, WYMONDHAM NR18 0JW

email: jayne.cook1963@btinternet.com

Cheques/Postal Orders to be made payable to: NORFOLK & SUFFOLK LDWA
Closing date for entries – 7th February 2015 – No Entries on the Day – No SEFs

LDWA Members/affiliated clubs: £15.00

Non-Members: £25.00

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

Must have completed an event (LDWA or similar) of at least 26 miles since 23rd
Feb 2014. This qualifying event must be stated on the official entry form and a
photocopy of the entrant's certificate or result sheet (with name highlighted) must
be enclosed with the entry form.

TIMES

For **Walkers** (not joggers or runners) **start time 08.00** Saturday 21st February

For **Runners** (fast or slow) **start time 09.00** Saturday 21st February

Some flexibility in the start times is possible.

Finish time by 06.00 Sunday 22nd February

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 space available for sleeping at the finish, and limited showers. The hall will be cleared and closed at 10 am on the Sunday.

OBJECT &

ROUTE

To cover a distance of 50 miles (tbc) on foot within 22 hours.

A detailed route description will be available for download (Word/PDF) approximately two weeks before the event as the route is not marked.

CLOTHING &

EQUIPMENT

No special clothing is required; however you are advised to carry a waterproof jacket and to wear suitable footwear. Entrants have a responsibility, to themselves and to others, to ensure that they are prepared for this challenge. The ability to understand a route description, to read a map and use a compass is essential. Equipment should not be skimped. It is strongly recommended that adequate spare warm clothes are carried (it is a winter event).

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), AND THE ROUTE DESCRIPTION.

REFRESHMENTS There will be cold drinks and food available at all checkpoints. Coffee/Tea will be available at the start. Food will also be available when you finish.

RETIREMENTS

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!**

RESULTS A results sheet will be published. Send SAE, DL size.

DOGS Are welcome but may have to be on a lead in certain sections and must be under control at all times, and no dogs inside at start/finish or checkpoints.

ENTRY LIMIT A limit may have to be put in place due to availability of parking, approx 150

Sorry, no sleeping is available at the start on Friday night.

Please note that, though the organisers will take reasonable care, you are responsible for your own safety on this event.