

13th Founders' Challenge

Sunday 18th October 2009

ORGANISED BY THE LONDON GROUP - LONG DISTANCE WALKERS ASSOCIATION

26 MILE CHALLENGE EVENT FOR WALKERS, JOGGERS & RUNNERS

NEW! 16 MILE CHALLENGE FOR WALKERS ONLY!

ROUTES: The traditional 26 mile route, devised by Tony Youngs, has approximately 3,000 feet of ascent and visits places in the Surrey Hills associated with the founding of the LDWA - Blatchford Down, Steer's Field, Tanners Hatch Youth Hostel, Pitch Hill toposcope and the old Peaslake Post Office.

For 2009 we are introducing a 16ml (approx) route that will visit Blatchford Down, the Pitch Hill Toposcope and the old Peaslake Post Office.

Please note that there are some steep descents, which can be slippery in wet weather.

The **route descriptions** will be available on the London Group website 2 weeks before the event.

MAPS: LR 187 (& LR 186 for approx 3 mls of long route not on 187) or Exp 145 & 146. You may obtain a single OS Select sheet at 1:25k centred on GR TQ093471 from www.ordnancesurvey.co.uk/leisure which covers the entire route.

VENUE: **Peaslake Memorial Hall** (GR TQ085447), 2.5 miles south of Gomshall. Gomshall is on the A25 is 6 miles west of Dorking. Turn at the Murco petrol station. On reaching Peaslake turn right at Memorial (with village shop on left). The Memorial Hall is just beyond the Hurtwood Inn.

START & FINISH: Walkers start 9am, runners/joggers (long route only) at 10.30am. Registration opens from 7.30am. All to finish by 6.30pm (max time 9.5 hrs).

ENTRY: Entries received by Wednesday 14th October:
£5.00 (LDWA member) £7.00 (non-LDWA member)

On the day: £7.00 (LDWA member) £9.00 (non-LDWA member)
Cheques payable to "LDWA London Group".

On-line entry is available at Runners' World.

REFRESHMENTS: Tea, coffee & biscuits at the start. Light refreshments and drinks are provided at 3 checkpoints on the 26ml route and 2 checkpoints on the 16ml route. A light meal is available at the finish from 1pm.

Please help the LDWA reduce waste and BRING YOUR OWN MUG.

RESULTS: All in-time finishers will receive a certificate. Results will be published on the website. If you prefer your name to be withheld please tell us. Results will be sent to those who enclose a 9"x4" sae with their entry (marked RESULTS) or who address an envelope and pay for a stamp at the event.

PARKING: 300m beyond Memorial Hall, in public carpark on left (GR TQ084445). Please **do not** park at the Hall or Hurtwood Inn. Parking is limited – please car share where possible.

Lift share

Unfortunately, Peaslake is not well served by public transport at the best of times, let alone first thing on a Sunday morning.

In order not to exclude those who do not have access to a car, to relieve the pressure on car parking facilities and ease congestion in the village; (and to help save the planet) we would like to facilitate lift-sharing for our event. Lifts will be provided on a goodwill basis; they are not commercial arrangements.

Please indicate on the entry form if you need a lift (e.g. from Guildford railway station), would be willing to offer a lift, or would be interested in car-pooling (e.g. from your home town). Please note that in order for this to work we will need to share contact details in order to put people in touch with one another.

ACCOMMODATION: There are Youth Hostels at Holmbury St Mary (approx 3mls) and Tanners Hatch (approx 6 mls by road). Rooms are available at The Hurtwood Inn (Tel 01306 730851) adjacent to start (but quite expensive) and there are Travelodges in Guildford (a short walk from Guildford station) and Dorking (www.travelodge.co.uk)

FORCE MAJEURE: If the event is cancelled for reasons beyond the control of the organisers, the London Group reserves the right to keep such portion of the entry fees received as are needed to defray costs already incurred.

RULES

- Minimum age of entrants 14yrs. Entrants under 16 yrs on the day of the event must be accompanied by a named adult at all times.
- The route description must be followed. Checkpoints must be visited in the correct sequence, during their opening times.
- Marshals have the right to withdraw participants if their fitness is in doubt or if they are behind schedule.
- Anyone who RETIRES must inform the organisers. If possible retire at a checkpoint, by informing the officials and handing in your checkcard. Or call the emergency number.
- Route description, maps & compass, torch & batteries, personal first aid kit, and emergency food/drink must be carried. Appropriate footwear and clothing should be worn/carried.

ORGANISER Fiona Cameron eml founderschallenge@ldwa-london.org.uk
or Tel. 01483 487705

WEBSITE www.ldwa-london.org.uk

Founders Challenge 2009

Entry Form

CAPITAL LETTERS PLEASE

Forename.....Surname

Address.....

.....Postcode.....

Telephone No.....Mobile no. (if carried on the event)

E-mil

Age: (If under 18 on 18.10.2009)

LDWA Membership No:..... Group.....

Cheques to be made payable to "LDWA London Group"

Acknowledgement of entry – please provide an e-mil address or enclose 9" x 4" s.a.e.

Route: 26ml Walker Runner

 16ml Walker

Vegetarian: YES/NO

I have read and agree to abide by the rules of the event. I confirm I am in good health and have no medical condition that may cause undue concern or inconvenience to others. I understand that I participate at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me during the event.

Signed:.....Date.....
(by parent or guardian for U18s)

.....
U16s – provide name of accompanying adult

Send entries to:

Fiona Cameron (FC2009), 35 Gardenia Drive, West End, WOKING, GU24 9XG

Lift share

Please tick the box(es) that apply, and we'll do our best to make the necessary arrangements. If you are unable to get to the event without a lift, and we are unable to provide one directly or indirectly, we will refund your entry fee.

I do not have a car and need a lift from Guildford station

I do not have a car and would like a lift from my home town

I have a car and would be interested in car-pooling from my home town

I have a car and would be able to offer a lift from Guildford station

I agree to my contact details being shared to enable car-pooling/lift-sharing.