

ENTRY FORM
SARN SABRINA WALK & SEMI-SABRINA WALK, LLANIDLOES
Saturday 29th of May
25 MILES (APPROX. 40KM) or 12 MILES (APPROX. 19KM)

Sarn Sabrina: This is a challenging circular walk from Llanidloes taking in Llyn Clywedog, the Hafren Forest and the Source of the River Severn.

Semi-Sabrina: This is a shorter version of the walk that loops back from Llyn Clywedog.

Accommodation information is available from 01686 412287 or www.llanidloes.com

The entry fee for both walks is **£12.50**, payable in advance, reduced to **£10.00 for under 18's and over 60's**. N.B. Participants under 18 must be under the supervision of, and remain the responsibility of, an adult at all times.

Both walks will have staggered starts and leave from Severn Porte, Llanidloes (GR955847).

Registration for the Sarn Sabrina will start at 7.00am and finish at 8.30am. There is an 11 hour limit for the route and cut off times will be strictly adhered to.

Registration for the Semi-Sabrina will start at 9.00am and close at 10.30am. There is an 8 hour limit for the route and cut off times will be strictly adhered to.

There will be free parking for both walks - directions to the car park will be sent with your booking confirmation.

A map covering the entire route (e.g. OS Explorer sheet 214) will be available to view at the start and a detailed route description will be provided with your entry confirmation. All checkpoints will offer drinks and snacks, and a light meal will be available at finish. A 'goody' bag will be given to all starters. Those successfully completing the walk will also receive a badge plus certificate. **Sorry, no dogs please.**

Send your completed entry form & entry fee (cheques payable to **Sabrina Walk**), enclosing a **SAE** to: - **Sarn Sabrina Walk, No 24 Shortbridge Street, Llanidloes, Powys SY18 6AD**. For enquiries email: sabrinawalks@btinternet.com or phone **01948 841677**. Please aim to send entries no later than **22nd May**.

RULES

1. Entrants must agree to be bound by the rules; in all circumstances event officials' decisions are final.
2. Entrants below 18 must obtain parent's consent and remain under the responsibility of an adult at all times.
3. Maximum time limits and checkpoint closing times will be enforced.
4. Entrants must follow the prescribed route (without mechanical assistance) and ensure marshals note their arrival at checkpoints.
5. Dogs are not allowed.
6. Entrants who are inadequately equipped according to the prevailing conditions will be disqualified. Entrants should therefore carry suitable clothing for the likely conditions, spare food, drink, personal first aid items and any other equipment they deem necessary.

Data Protection: Entrants' details may be held temporarily in an electronic retrieval system only for purposes of administering the event.

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SARN SABRINA WALK - SATURDAY 29th May 2010 - ENTRY FORM (BLOCK CAPITALS PLEASE)

Name to appear on certificate..... **D.o.B.**.....

Full Address, inc P/Code.....

Contact Tel. No.....(day)(evening)

E-mail (to receive entry pack by e-mail)

Meal option - please tick: meat vegetarian

Please enter me in the 25mile Sarn Sabrina Walk - please tick.

Please enter me in the 12mile Semi-Sabrina Walk - please tick.

I enclose a cheque for **£12.50/£10.00 (please delete as appropriate)**, payable to 'Sabrina Walk', plus a **SAE** for receipt & entry confirmation details.

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

Signature..... **Age (if under 18)**.....

Parent's/Guardian's Signature (if under 18).....

Parent's/Guardian's full name (in block capitals).....