

**ENTRY FORM**  
**SARN SABRINA WALK & SEMI-SABRINA WALK, LLANIDLOES**  
**SATURDAY 26 MAY 2012**

**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 412 287 or [www.llanidloes.com](http://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. NB. 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 the finish. A 'goody' bag will be given to all starters. Those successfully completing the walk will also receive a badge plus certificate. Sorry, dogs are not allowed to accompany walkers.

Send your completed entry form & entry fee (cheques payable to 'Sabrina Walk'), enclosing an A4 SAE to the value of 75p to: Mrs Joanne Hodges, Sarn Sabrina Walk, c/o Visitor Information Centre, 3 Long Bridge Street, Llanidloes, Powys SY18 6EE . For enquiries email:[sabrinawalk@llanidloes.com](mailto:sabrinawalk@llanidloes.com). Please return entries no later than 21st May 2012 to the address detailed above.

**RULES**

1. Entrants must agree to be bound by the rules in all circumstances. In all circumstances, decisions made by the Event Officials are final.
2. Entrants below the age of 18 must obtain the consent of their parents 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 to accompany walkers.
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 26 MAY - ENTRY FORM (BLOCK CAPITALS PLEASE)**

Name to be appear on certificate .....DoB .....

Full Postal Address including post code  
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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 25 mile Sarn Sabrina Walk – please tick

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

I enclose a cheque for £12.50/£10.00 (please delete as appropriate), payable to 'Sabrina Walk', plus an A4 SAE with a 75p stamp on for receipt & entry confirmation details to be posted back to you.