

*Please detach and keep this half for reference*

## RULES

1. Persons under 15 years of age must be accompanied by an adult at all times. Entrants under 18 years of age on the day of the event must have the Declaration signed by a parent or guardian.
2. Checkpoints must be visited in the correct sequence during their opening times and the route description must be followed.
3. Entrants changing from 30 to 20 miles and from 20 down to 15 at the point indicated on the route description **MUST** advise the marshals, giving their name and walk number.
4. Marshals have the right to withdraw participants if their fitness is in doubt or if they are behind schedule.
5. Checkcards must be endorsed by an official at each checkpoint and are to be handed in at the finish or when retiring at a checkpoint (see Rule six).
6. If you retire from the event please do so at a checkpoint, ensuring that you inform an official and hand in your checkcard. The organisers will try to get you back to the finish as soon as possible, though please understand that there may be a wait for transport to be available. **UNDER NO CIRCUMSTANCES SHOULD ANYONE RETIRE WITHOUT ENSURING THE ORGANISERS ARE INFORMED.**
7. Start times must be adhered to, otherwise a time penalty may be incurred.
8. The entry fee is not refundable. If an entrant is refused permission to take part in the event or if unforeseen circumstances lead to the cancellation of the event the organisers reserve the right to return only that part of the entry fee remaining after expenses have been met.
9. As this time of year is **THE LAMBING SEASON** we must insist that **NO DOGS** are brought to this event The future of the event may otherwise be at risk.
10. Please walk in single file on field paths where crops are growing and keep to the right of way at all times.
11. The Countryside Code must be observed.

---

Website: [www.ldwa.org.uk/kent](http://www.ldwa.org.uk/kent)

---

### THE COUNTRYSIDE CODE

- Be safe - plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Keep dogs under close control.
- Consider other people.

## LONG DISTANCE WALKERS ASSOCIATION LIMITED

### KENT GROUP

THE 35th SEVENOAKS CIRCULAR WALKS  
**SUNDAY 21st MARCH 2010**



15, 20 AND 30 MILE  
CHALLENGE WALKS ON  
LANES AND FOOTPATHS



# SEVENOAKS CIRCULAR WALKS 2010 DECLARATION AND ENTRY FORM

OFFICE USE ONLY <b>N<sup>o</sup></b>
---

Please enter me for the Sevenoaks Circular Walk below. I have read and agree to abide by the Rules of the event, in particular I understand the requirements of Rule 9. I agree to observe The Countryside Code at all times. I am in good health and have no medical condition that may cause concern or inconvenience to others. I understand that participation is at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me before, during or after the event.

Signed by entrant .....

Age of entrant if under 18 on Sunday 21st March 2010 .....

Signed by parent or guardian if entrant is under 18 years of age  
.....

If an acknowledgement is required please enclose a 9"x 4" (or DL) SAE

**BLOCK LETTERS PLEASE —  
ONLY ONE ENTRY PER FORM**

FORENAME..... SURNAME.....

**PLEASE DELETE DISTANCES YOU ARE NOT ENTERING**  
**15** miles (start at 10am) **20** miles (start at 10am) **30** miles (start at 8am)

ADDRESS.....

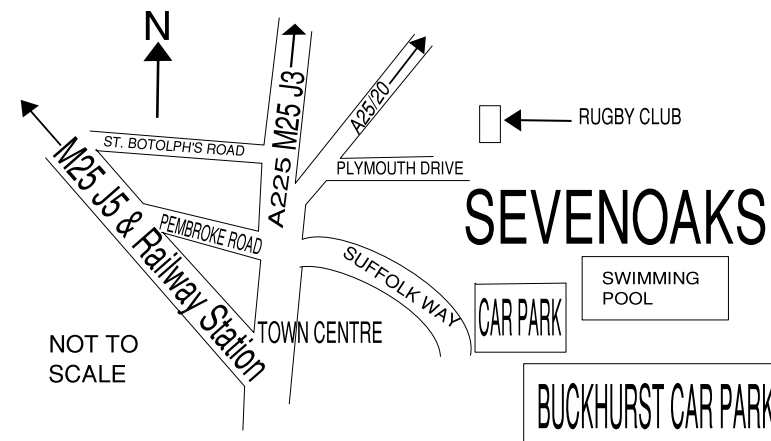
TEL. No..... CLUB/GROUP.....

**HAVE YOU COMPLETED ALL DETAILS?**

**ENTRY FEE (see page 3) must accompany Entry Form £.....**  
Cheques and POs to be made payable to "LDWA KENT" and sent with entry form (this page), or photocopy, to: Brian Buttifant, 12 Greystones Close, Kemsing, SEVENOAKS, Kent, TN15 6QP.

## USEFUL INFORMATION — *Keep this half for reference*

DATE SUNDAY 21st MARCH 2010.  
VENUE RUGBY CLUB, Knole Paddock, Plymouth Drive, Sevenoaks, Kent, TN13 3RP. GR 532551.  
OBJECT To complete a 15, 20 or 30 mile circuit on foot, mainly on footpaths, visiting a series of checkpoints following the provided route description, within a 8 or 10 hour time limit. **All to finish by 6 p.m.**  
START From Rugby Club. **All 30 milers at 8 a.m. All 15 and 20 milers at 10 a.m.** Please register at least 15 minutes before the start time.  
PARKING In town car parks GR 533547, off Suffolk Way; or as directed. **PLEASE DO NOT PARK AT RUGBY CLUB.**



REFRESHMENTS **You must carry your own drinking utensil.** Drinks at all checkpoints, some food and hot drinks at a checkpoint. Hot food available at the finish.

EQUIPMENT You are advised to wear suitable footwear and clothing. Do carry maps, mapcase **and a compass will be useful.** If it is possible that you will finish after dark a torch is essential. OS Maps Landranger 188 (1:50,000), or OS Explorers 147 **and** 148 cover the route.

AWARDS Certificates will be awarded to all who complete their routes within the time limit. Badges will be on sale at the finish.

ENTRY Open to all, but those under 15 years must be accompanied by an adult at all times. **DOGS WILL NOT BE ALLOWED ON THE EVENT** (see Rule 9). Postal entries will close on Saturday 13th March 2010. Entries will be limited to 500. No acknowledgement will be sent unless an SAE is sent for that purpose. Route descriptions will not be available before the day of the event.

ENTRY FEE INCLUDES RESULTS – PLEASE ADDRESS ENVELOPE AT START

15 and 20 mile routes	£4.00
15 and 20 mile route entries on the day	£6.00
30 mile route	£5.00
30 mile route entries on the day	£7.00