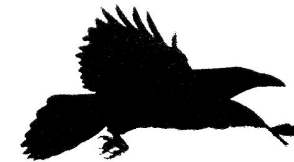


Where Ravens Dare



The First



Where Ravens Dare Challenge

EVENT DETAILS A visually spectacular autumnal walk of either 26.5 or 15.5 miles in the eastern valleys of South Wales. The walk will go onto open moorland and through and above ancient woodlands. Views of The Breacon Beacons, the South Wales Valleys, Exmoor and the ancient forest of Wentwood will be experienced on this newly created route that will take walkers to Mynydd Machen, Twmbarlwm, Mynydd Maen and Mynydd y Lan. This event is organised by the South Wales Group of the Long Distance Walkers Association and is open to non-LDWA members.

Route descriptions will be provided to all entrants and a certificate given for walk completions.

START Machen Village Hall, Machen, near Caerphilly – easily accessible 5 miles NW of junction 28 on the M4 (directions on our web site www.southwalesldwa.org). Free car parking is provided. Landranger Map 171, GR ST210890

REGISTRATION From 7:15am.

FIXED START TIMES 8:00am – 26.5 mile walkers.
9:00 am – 15.5 mile walkers and runners.

TIME LIMIT All to finish by 18:00, **there will be a cut-off time applied.**

REFRESHMENTS Tea and toast at the start. Cold drinks and snacks at the manned control points. Hot and cold drinks and a light meal at the finish.

ENTRY FEE Pre entered LDWA members £5, non LDWA members £7 and all entries on the day £8, families £15.

APPLICATIONS Please detach and complete the entry form and send it to the Entries Secretary.

RULES OF THE EVENT

- ENTRIES** On the official entry form please. Send it with a cheque payable to "LDWA South Wales Group" - and a 9" x 4" SAE for the route description, unless you have provided your email address.
- EVENT IS OPEN TO** All persons aged 18 years or over on the day. Younger entrants are welcome on the event but they must have their entry form signed, and be accompanied by, their parent or legal guardian.
- ROUTE DESCRIPTIONS** Will be emailed/posted a few weeks before the event. They must be followed and the control card must be punched at each control point in sequence. If you go astray, retrace your steps and try again. Please do not climb fences or walls, take shortcuts, or trespass.
- RETIREMENTS** You must retire at a manned control point and hand in your control card to a marshal. Transport back to Machen Village Hall will be provided. If it is impossible to reach a manned control point, give your control card to another entrant to hand in on your behalf. Under no circumstances retire without informing the organisers.
- CHECK-IN AT THE FINISH** All entrants, including retirees, must check in at Machen Village Hall before journeying home.
- EQUIPMENT** All entrants must carry the following items:- route description, control card, OS Landranger Map 171(or Explorer equivalents), compass, whistle, waterproofs, suitable footwear with good tread, simple first aid kit, change for the telephone, food and drink to supplement that provided at the control points. There will not be a kit check at the start, but the organisers reserve the right to carry out a check during the course of the event
- MUGS** Entrants must carry a mug as there will be no cups at the checkpoints.
- DOGS** Are the owners responsibility and are not covered by the LDWA's insurance; they must be kept under control and put on a short lead near livestock. **Sorry, but dogs are not allowed inside the village hall.**
- MUDDY FOOTWEAR** Must be left outside the village hall please.
- SAFETY** The organisers reserve the right to refuse entry, require an entrant to retire on safety or other grounds, postpone or cancel the event if weather conditions are bad, disqualify an entrant for infringing the Country Code, or taking shortcuts over fences or farmland off the right of way.
- ACCOMMODATION** Is the responsibility of the entrant. There is a Youth Hostel in Cardiff(Tel.02920 462303) and a Tourist Information Office(Tel.08701211258)
- COUNTRY 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.

DON'T FORGET TO BRING A MUG

Where Ravens Dare Challenge

Saturday, 16 October 2010

FORENAME:- _____ SURNAME:- _____
(as you wish it to appear on your certificate)

ADDRESS:- _____

Postcode:- _____ Tel.Number:- _____

LDWANumber:- _____ LDWA Group:- _____

E-MAIL address if you wish the route description to be sent electronically
(please print clearly):- _____

Chosen Route? (15.5 or 26.5 miles) _____

Walk or Run?(Note fixed start times) _____

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 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.

SIGNATURE:- _____ DATE:- _____

(If appropriate, state if parent or legal guardian—see Rule 2)

Please detach the completed entry form and send it with a cheque payable to "LDWA South Wales Group" to the Entries Secretary:- John Cunnane, 11 The Dell, Tonteg, Pontypridd, Mid Glam, CF381TG. (Tel.01443207836). E-mail:- jpcunnane@sky.com)

If you do not wish to receive the route description electronically you must include a 9"x 4" SAE.