

2017 Moulton Walks

Saturday 3rd June

The Village Hall, Bridge Street, Moulton, Suffolk, CB8 8SP



12.30pm **Young Age Group & Novice 1km**

Under Race Walking Association Rules

Advance Entry £2 - £5 on the day

1.00pm **Five miles Road Walk** *inc. The Suffolk County AA championships*

Under Race Walking Association Rules

Advance Entry £5 - £7 on the day

This event is ideal for anyone who likes a challenge. A Badge is awarded to walkers who complete the course in less than one hour for the first time. The scenic, undulating route is out to Dalham Windmill and back along the B1085. The minimum age for the Challenge is 15.

Awards allocated by lottery - All participants who enter in advance are guaranteed a prize

Details/entries contact:

Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP
01638 751869 or ronc893moulton@gmail.com *Cheques made payable to: "Moulton Walks"*

Participants are invited to use the walks as a sponsored event for the charity of their choice

Have a lovely day out in Suffolk * Great scenery * Refreshments * Children's Playground

Find out more about Moulton from www.MoultonSuffolk.co.uk

Moulton Walks - YAG/Novice 1km & 5 mile Challenge Entry Form

Registration may be sent by email but will only be accepted and confirmed upon receipt of registration fee

Name _____ telephone No. _____

Address _____ email _____

_____ Age/date of Birth _____

Club/School/Organisation _____ Centurion/EMAC ? _____

Please enter me /my daughter/son in the 2017 Moulton Community Walks

YAG/Novice 1km / Moulton Five Mile Road Walk Challenge *(Delete which not applicable)*

on Saturday 3rd June

I have read and understand the safety rules set out on the reverse of this sheet and agree to participate in this event completely at my own risk and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury. I realise that roads are open to traffic and it may be dangerous to walk on roads with traffic, but it is my personal choice to do so.

I further declare that I am physically fit to compete over the distance entered and will not hold the organisers responsible for any illness, injury or loss that occurs to myself either or as a result of my travelling to, participating in, or as a result of having participated in the said event.

Parents/Guardians. I give permission for my son/daughter to take part in this event and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury.

Signed _____ date _____
Parent or Guardian if applicable *Entries confirmed by email or by post if stamped addressed envelope is sent with entry*

Moulton Road walk Challenges Safety Rules and Conditions

1. The organisers take no responsibility for any injury, damage or loss that occurs during the event. Participants are advised to be sure about their fitness to take part and if uncertain have consulted their G.P. in advance of the event.
2. Five mile Challenge and YAG/Novice walkers **must** keep in close to the left-hand side of the road, unless otherwise instructed by a race official. Walkers should progress in single file except when overtaking. Disqualification may result for non compliance with these safety rules. Marshalls wearing hi-viz tabards will be stationed along the route and at major junctions and changes of direction. Their instructions **must be** obeyed at all times and failure to follow these may result in disqualification.
3. No pets are permitted to accompany participants
4. **It is the walker's responsibility to ensure his/her safety and by implication that of fellow participants – Traffic has the right of way on the public highway at all times.**
5. The wearing of MP3 players or similar audio equipment is strictly prohibited.
6. A Water Station will be provided at the half-way point – 2.5 miles