

2019 Moulton Walks

Saturday 1st June

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



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

Under Race Walking Association Rules

Advance Entry £2 - £5 on the day

Five miles Road Walk *inc. The Suffolk County championships*

Under Race Walking Association Rules

Advance Entry £5 - £7 on the day

An ideal event 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 16.

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 ronc893@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

If you are unable to take part, why not register as a volunteer?

Moulton 5 Mile - YAG/Novice 1 mile Road Walk 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 or email _____

Age: _____ Club/School/Organisation _____

Please enter me /my daughter/son in the 2019 Moulton Walks for the **YAG/Novice 1 mile / Moulton Five Mile Road Walk Challenge** on Saturday 1st June *(Delete which not applicable)*

I understand that I must read and abide by the safety rules which will be issued to me when I register on the day and acknowledge that I 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

Data Protection: Information requested here is for contact details only in connection with this event. If you wish to be informed about the 2020 Walks please tick: **YES/NO**
if NO the information will be deleted