

Moulton



Supported by Newmarket Rotary



Diamond Jubilee Community Walks

Saturday 2nd June

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

Amblers & Ramblers Four miles

and

Five miles Road Walk Challenge

Amblers/Ramblers/Health Walk

1.15pm Mainly off-road over a distance a little over 4 miles. The course (level 5 Health Walk classification) does contain a steady climb from Catford Bridge up to Gazeley, but magnificent views as the route crosses Primrose Hill to the finish, make the effort worthwhile.

Five Miles Road Walk Challenge

Starting at **1.45pm** this event is ideal for Power and Race Walkers or 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.

Junior Walking Races On the Village Green over distances: 500m to 1km

Memento's to all Participants

Advance Registration advised – over 17's £6 under 17's free
(Registrations on the day add £2)

Further details from and Registrations to:

Ron Wallwork, "Woodview" 35A Newmarket Road, Moulton, Suffolk, CB8 8QP
01638 751869 or randjwallwork@btinternet.com

Cheques should be made payable to: "Moulton Walks"

Any proceeds to St.Peter's Church, Moulton

Participants may use the walks as sponsored events for their own charity

Village information from www.MoultonSuffolk.co.uk

Refreshments Available throughout the afternoon

Moulton Diamond Jubilee Walks 2012 Registration 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 _____

Please enter me /my daughter/son in the Moulton Diamond Jubilee Community Walks for the

Amblers/Ramblers Walk / Five Mile Road Walk Challenge

(circle appropriate category)

Junior Walk - U10 500m / u15 1000m

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 will be acknowledged electronically
or I enclose my entry fee and a SAE for confirmation of entry*

WALK SAFETY RULES

1. The organisers take no responsibility for any injury, damage or loss that occurs during the race. 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. The wearing of MP3 players or similar audio equipment is strictly prohibited
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. Race 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.
6. A Water Station will be provided at the half-way point – 2.5 miles