



ROTARY ACROSS WALES WALK June 22nd 2019

Thank you for sending for an application form for the 2019 Rotary Across Wales Walk.

BACKGROUND

The Rotary Clubs of Llanidloes, Machynlleth and Newtown join together to organise this very popular Mid Wales Walk for people to enjoy and also to facilitate the raising of charitable funds in two ways:

- 1) The three Rotary Clubs raise funds for their own charitable giving to local, national and international good causes.
- 2) The walkers themselves by arranging their own sponsorship

The recent walks have seen very significant sums raised for many good causes.

THE ROUTE. All applicants can be sent a full route guide on **special waterproof paper** some 10 days before the event. Details may also be found on the web page. The walk now begins at Gelli-Goch lay-by on the A 487 1.1 miles south of the clock tower in Machynlleth. **If you prefer to download your own instructions and laminate them, please indicate this on the application form.**

APPLICATION PROCESS see Section 9.

APPLICATION FORM see page 6

CLOSING DATE . June 10th 2019 Late entries will be rejected and returned.

ROUTE MARKERS. See Section 2

FITNESS AND PREPARATION. See Section 2

TRANSPORT is provided. See Section 5

FOOD The entry fee includes the cost of meals. See Section 8

WATER **will not be provided in single use bottles, please bring your own refillable containers** See Section 8

CHECKPOINTS There are 15 checkpoints along the route. See Section 6

LEAVING/RETIRING FROM THE WALK. This is very important. See Section 7

COSTS A full schedule of costs is shown on page 6

RUCKSACKS AND OTHER POSSESSIONS See Section 4

JUNIOR WALKERS Special rates apply See Section 3 and page 6

RUNNERS This is a walk. **If you wish to run, please complete the appropriate section on the application form. Remember, you are likely to arrive at checkpoints before they are open unless you inform us that you are running**

SPONSORSHIP FORM. See Page 8

1). SPONSORSHIP

Although this is intended to be a Charity walk, and we encourage it, you do not have to be sponsored or walk for charity

All the sponsorship money you raise from your own efforts in taking part in the Walk can go to your nominated charity or good cause.

The Rotary Clubs have agreed that the net funds raised from organising the Walk, (i.e. after deducting all the costs incurred), will be donated to AEDdonate a Charity dedicated to helping communities gain access to Automated External Defibrillators.

Your contribution to these funds is included in the entry fee. So just by taking part you are contributing to the charity but we hope that you will take this opportunity to raise funds for your own favourite charity or good cause.

After the Walk we would like you to let us know how much you have raised so that Rotary can give as much publicity as possible for the many thousands of pounds going to good causes..

2). THE WALK - KEY INFORMATION

The Following rules and regulations are an essential part of the walk. **Please read them** carefully and know your role and responsibilities

- This walk is a **challenge**. It is a challenge for you personally, whatever distance you achieve.
- This is a strenuous 42-mile walk and it is **essential** that you correctly assess your fitness. If you are unsure seek medical advice before participating. Although the Rotary across Wales Walk is known as a 42-mile walk, due to the number of small course changes that have been necessary over the years, the mileage referred to is only an approximation.
- We reserve the right to change the route without prior notice.
- **THE ROUTE GUIDE THAT WE WILL PROVIDE IS ONLY A GUIDE; THE ROUTE MARKERS ON THE DAY MUST BE FOLLOWED.**
- **Please ensure that you wear sensible and appropriate clothing and footwear and be prepared for ALL weather conditions.**
- Your card and route guide will be sent to you (following receipt of your completed application form and payment) approximately 10 days before the event.
You are reminded to **bring your numbered card** (needed to register at **ALL** checkpoints and to claim your food at relevant points) and route details with you on the morning of the walk and report to the registration steward **BEFORE** boarding the coach.
- NO dogs at any stage of the walk
- No mountain bikes, motor bikes, fancy dress, horses etc
- ANYONE found tampering with route markers etc. will be banned from future walks and their name submitted to other walk organisers
- Please be considerate to the countryside and local residents at all times, this includes:
 - ❖ Leave all gates as you found them, whether open or closed.
 - ❖ All litter must be disposed of at checkpoints and NOT around the countryside
 - ❖ Noise to be kept to a minimum, especially in the early morning hours.
- Vehicles and marshals will patrol the route. This is for your safety and to provide help if you are in difficulties.

- Any persons wishing to monitor the progress of an individual or group are welcome to do so though we do ask that they confine their observations to checkpoint areas. Please ensure you leave access points clear for official vehicles or any emergency services that may be required.
- Those not needing transport must ensure that they get to the Machynlleth start by 4am so that they do not start after the back walker. The back walker will remove route markers. The back walker is there for your safety and can only perform the job if all walkers are in front of them.

3). JUNIOR WALKERS (Under 16 on 22rd June 2019)

- Junior walkers are welcome. NO child under 13 years of age will be allowed to walk the full distance. Due to medical advice, it is necessary for us to impose a distance limit on Juniors aged 10 and under who will only be allowed to participate in the 8 mile walk from Devil's Elbow to The Anchor.
- A responsible adult must accompany junior walkers at EVERY stage of the walk.

4). RUCKSACKS & OTHER POSSESSIONS

PLEASE NOTE: Rucksacks are **YOUR** responsibility, NOT the VOLUNTEERS or OURS. We will all do our best to make sure that these arrive when and where you want them PROVIDED they are CLEARLY LABELLED with the walker's name, number and contact telephone number. It is important that, if you want your rucksack to be at a checkpoint between the start and finish, this is clearly marked. A label showing the next destination required must be attached to the rucksack or it will automatically be taken to the finish. Rucksacks should only be left at checkpoints or handed to an official vehicle; both can be identified by the Rotary logo.

5). TRANSPORT

If you require transport from Newtown to your starting point on the Walk, please ensure you complete the appropriate part of the application form.

We offer you the option of meeting the Newtown to Gelli-Goch coach at Caersws (outside The Unicorn), Llanbrynmair (Car Park opposite Wynnstay) or Machynlleth (Outside the Leisure Centre) This avoids people from Mid and North Wales having to travel to Newtown only to re-trace their journey on the coach. Finding suitable parking will be the responsibility of individual walkers. However, please be aware that return transport from the finish will only be available to Newtown so you will need to make your own arrangements to return (if necessary) to your point of departure.

Please note that the coaches leave PROMPTLY on time and walkers should arrive at least 15 minutes early. No responsibility can be taken for latecomers who miss the transport and a refund will not be given.

Walkers will NOT be allowed on the coaches or on the walk if they appear to be under the influence of alcohol or drugs.

LAST COACH DEPARTURE TIMES FROM LADYWELL HOUSE CAR PARK, NEWTOWN on SATURDAY 22nd JUNE 2019 WILL BE:

- | | | | |
|-----------------|---------|------------------|--------|
| ❖ To Gelli Goch | 3.00am | To Staylittle | 7.40am |
| ❖ To Llandinam | 12.30pm | To Devil's Elbow | 3.30pm |

Cars may be left, at owner's risk, in Ladywell House car park all day without charge. Mini-buses will be running a shuttle service from the finish back to Ladywell House Car Park, Newtown throughout the evening from about 4.00 p.m. Those needing to return to Newtown by a specific time should arrange their own transport, as the mini-buses will only leave the finish when they are full. Please note that, although there is a free car park at the finish, which will be available for use, space is very limited and not recommended.

6). CHECK POINTS

- Every walker must register and have his/her number card punched at EVERY checkpoint along the route.
- If the back marker considers an individual is delaying the walk excessively, they will be asked to stop walking. The walk is scheduled to finish by 9.00 pm. Any walker who has not passed through Checkpoint 14 (The Picnic Site) before 9.00pm will be asked to stop there; transport will be available to take them to the finish.

These decisions are FINAL and NOT open to negotiation

PLEASE NOTE that it is ESSENTIAL that you register and have your card punched at every checkpoint along the walk. This is not only for safety reasons, but also as proof you have accomplished the walk for your certificate to be issued at the finish. **Any walker reporting at a checkpoint having failed to check-in at the previous checkpoint will be deemed not to have completed the walk!**

7). LEAVING/RETIRING FROM THE WALK (this is of major importance)

If you have to leave the walk, please ensure you do the following BEFORE leaving.

1. If possible, walk to the nearest checkpoint.
2. Notify an official (wearing a yellow Rotary tabard) that you are leaving the walk, telling them your name and card number, and hand your card to the official.
3. **An emergency telephone number will be available if you need help between checkpoints, and this will be issued with your Walkers' pack in June. But please be aware that not all the mobile phone networks provide cover over the whole of the route. There are 'dead spots'.**

DO NOT LEAVE THE WALK WITHOUT TELLING AN OFFICIAL – THIS IS OF VITAL IMPORTANCE AS IT COULD ACTIVATE THE EMERGENCY SERVICES TO SEARCH FOR YOU.

8). FOOD & DRINK

Free food & drink are available for walkers on producing their card. Only Machynlleth starters receive all 3 i.e. Breakfast, Lunch and Tea

Start Points	Gelli-Goch	Staylitttle	Llandinam	Devils Elbow
Breakfast	Y	No		
Lunch	Y	Y	No	
Tea	Y	Y	Y	Y

Friends and relatives of walkers who wish to eat at checkpoints must pay for any food as follows:

Breakfast at Staylitttle £5; Lunch at Llandinam £5; Tea at Devil's Elbow £3.

WATER: We must stress the danger of dehydration. St John's Ambulance personnel would like to remind walkers to drink water throughout the walk and that after completion of the Walk (whatever the weather) it is advisable to consume at least 1 pint of NON ALCOHOLIC liquid. Please be sensible.

9) APPLICATION PROCESS

On receipt of your application form and fee (cheques or postal orders made payable to "Rotary Across Wales Walk") we will post your walker's card, preparation details and route guide (sponsorship forms are already included – please photocopy as required) by latest 16th June 2019.

Once again we can offer an online Application/Payment option through **SI Entries**

SEE HERE www.sientries.co.uk

REFUNDS: No refunds will be given unless we receive a written cancellation (E-mail or Post) at least 15 days before the walk (June 7th 2019). However, the organisers will consider individual cases for refund after the stated date if it is on medical grounds, supported by Doctors note. The decision of the organisers is final.

Additional copies of the Application Form and General Information Details can be photocopied, however, please ensure that anyone receiving a copy from you has read the General Information sheet BEFORE completing an Application Form.

To aid the organisers with catering etc. we would greatly appreciate applications being sent in as early as possible; this will avoid the problems previously experienced of multiple entries received in the last few days before applications close!

Once again this year, to encourage early registration, we are offering an Early Bird Discount of £5 to Adults for all entries received AND PAID by March 1st. The full price will be payable from March 2nd!!

PLEASE DON'T DELAY SENDING IN YOUR APPLICATION FORM TO THE LAST MINUTE, RETURN IT AS SOON AS POSSIBLE.

PLEASE MAKE SURE YOU COMPLETE ALL SECTIONS OF YOUR APPLICATION FORM.



ROTARY ACROSS WALES WALK



APPLICATION DETAILS

ENTRY FEES (which include a donation to the selected charity)

Please Note. Junior fees apply to walkers aged under 16 on the date of the Walk. Proof of age may be required on the day.

<u>Start Point</u>	<u>Entry Fees</u>	
	<u>Adult</u> £	<u>Junior</u> £
❖ Machynlleth (42 miles)	50	15 (13 –16 years)
❖ Staylitle (26 miles)	40	10
❖ Llandinam (16 miles)	30	7
❖ Devil's Elbow (8 miles)	20	FREE

Price includes – Transport to start & finish, first aid care, food and drinks, certificate at finish, punch card, sponsor forms, route details, route markers, etc.

Please complete the application form attached and send with your entrance fee to:

RAWW c/o MWAC, Maesmawr, CAERSWS Powys SY17 5SB

Cheques payable to “Rotary Across Wales Walk”.

PLEASE ENSURE YOU COMPLETE ALL THE APPLICATION DETAILS ESPECIALLY THE SECTION CONCERNING TRANSPORT TO AND FROM NEWTOWN.

TRANSPORT TIMES (Transport Leaves Ladywell House Car Park, Newtown)

- 1) At 3.00 am. for Gelli Goch (42 miles)
- 2) At 7.40 am. for Staylitle (26 miles)
- 3) At 12.30 pm. for Llandinam (16 miles)
- 4) At 3.30 pm. for Devil's Elbow (8 miles)

On receipt of your form and fee you will be posted a walker's pack by June 16th 2018. The pack will contain your punch card (with identifying number), preparation details and the route guide. Please do not chase up non-delivery before this date.

CLOSING DATE FOR COMPLETED APPLICATION FORM IS June 10th2019

The organisers have no choice but to limit the number of applications to **300**. The walk committee reserves the right to refuse entries to any individuals or groups.

Before completing this application, please ensure that you have read, understood and agree to the conditions contained in ALL the “General Information” sheets. Please make sure you sign the application form otherwise it will not be accepted. If you have taken part in this walk previously, please note that the only correct route is the one in this year's route details and route markers on the day.



ROTARY ACROSS WALES WALK – 22nd JUNE 2019

APPLICATION FORM

NAME _____

ADDRESS: _____

TOWN _____ POSTCODE _____

CONTACT TELEPHONE NUMBER Home _____ Mobile _____

Email ADDRESS _____

DATE OF BIRTH _____ OCCUPATION _____

Where are you walking from?

- Gelli Goch
- Staylitttle
- Llandinam
- Devil's Elbow

Where are you walking to?

- Staylitttle
- Llandinam
- Devil's Elbow
- FINISH

*Please delete those that do not apply.

** I agree to download the instructions and print them out myself.....

OR

** Please post me the instructions.....

Transport - Do you require transport? YES/NO (Please tick appropriate box/es)

If YES	From	NEWTOWN	to GELLI GOCH	[]
			to STAYLITTLE	[]
			to LLANDINAM	[]
			to DEVIL'S ELBOW	[]
		CAERSWS	to GELLI GOCH	()
		LLANBRYNMAIR	to GELLI GOCH	()
		MACHYNLLETH	to GELLI GOCH	()
	From	STAYLITTLE	to NEWTOWN	[]
		LLANDINAM	to NEWTOWN	[]
		DEVIL'S ELBOW	to NEWTOWN	[]
FINISH		to NEWTOWN	[]	

Do you have special dietary needs?

Will you be running the 'Walk'?

I enclose a cheque/postal order (payable to "Rotary Across Wales Walk") for £.....

I, the undersigned, take part in the Rotary Across Wales Walk entirely at my own risk. I accept full responsibility and liability for both my own property and actions and those of any minors under my supervision.

Signature of applicant _____ (This MUST be signed)

Signature of parent/guardian if walker is under 16 _____

Please ensure that you have signed the application form, then post it, together with your cheque/postal order to; RAWW c/o MWAC, Maesmawr, CAERSWS, Powys SY17 5SB



ROTARY ACROSS WALES WALK

SATURDAY 22nd JUNE 2019

OFFICIAL SPONSOR FORM

NAME OF WALKER _____ NUMBER OF MILES _____

Name of charity/good cause I would like to donate my sponsorship monies to is:

This is not an easy walk by any stretch of the imagination and flat can only be used to describe the walker's position recumbent at the finish. Even hilly is wildly optimistic!! Please take this into consideration when supporting the above, poor hapless walker. He/she will have walked, limped or crawled so that you could stay at home. PLEASE GIVE GENEROUSLY, he/she deserves it.

SPONSOR	ADDRESS	RATE PER MILE	TOTAL	PAID

ROTARY ACROSS WALES WALK 2020
SATURDAY 20th June (to be confirmed)

OFFICIAL SPONSOR FORM

Information on other Walks in the area.

Bishop's Castle Walking Festival 15 – 19 May 2019

Barley House,
Woodbatch Road,
Shropshire,
SY9 5AS bcwalkingfest@gmail.com

The Sarn Sabrina Walk Sat May 25th 2019

The Sarn Sabrina Walk is a 24 mile circular walk
The Semi-Sabrina is a shorter version over 10.5 miles.

For information see

www.llanidloes.com/sarn_sabrina

These walks will make ideal preparation for the

ROTARY ACROSS WALES WALK!

There is also the “other” Across Wales Walk on Sept. 1st 2018

www.acrosswaleswalk.co.uk

Accommodation

A list of accommodation is shown on the Visit Mid Wales website at
<http://www.visitmidwales.co.uk/thedms.asp?dms=1&miles=10&townid=1442&ngr1=312200&ngr2=290700>

MANY THANKS TO OUR SPONSORS.

Anchor Inn, Morris Marshall and Poole, Welsh Sausage Co.

Welsh Burger Manufacturing Co, Martin Rutter, C S Jones & Sons,

Neuadd Fach Baconry, Montgomeryshire Water Co

Pictures of some earlier walks can be found on our Facebook page ‘Rotary Across Wales Walk’

Data Protection Act: The information collected on this application form will be used only to help in the administration of the Walk, for statistical analysis and to inform you about the Rotary Across Wales Walk in future years. It will NOT be divulged to a third party under any circumstances.