



# Rotary Across Wales Walk

## Saturday June 18<sup>th</sup> 2022



### **A walk from Machynlleth to Montgomery, two historic and significant towns.**

Wander up and over hills from Wales' historic capital, Machynlleth, heading east toward the English border at Montgomery. Following a mix of public rights of way, including two of our fantastic National Trails (Glyndwr's Way and Offa's Dyke Path) country lanes and the meandering Montgomery Canal. Along the way passing through characterful communities and the settlements of Staylitttle, Trefeglwys, Caersws, Newtown and Abermule.

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:

- Donations to the chosen charities, Wales Air Ambulance and The Bronglais Chemo Appeal (net funds raised)
- The three Rotary Clubs raise funds for their own donations to local, national and international good causes.
- The walkers themselves by arranging their own sponsorship

**CLOSING DATE. No entries received after 31 May 2022**

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

## 1. Entries

### Who can take part?

- Individuals
- Relay teams – to make sure you have the best experience and to suit your team needs, this is how it'll work...
  - The entry fee will be the same as for one individual – what a bargain
  - You'll nominate a team lead and use their details on the entry form
  - Create a team name – noting this on the entry form next to name and use in all future correspondence with us
  - Change over of an imaginary baton to take place at checkpoints – to ensure we have a chance to congratulate those stopping and encourage those setting off
  - The team will be given one event/race number, this will be handed over from one walker/runner to the next at each changeover point
  - Once you've entered, please email us with:
    - Names/addresses etc. for each of your team members – we like to look after you all and keep you safe
    - Detail at which checkpoints the changeovers will be taking place
- Junior walkers (under 16 on 18 June 2022)
  - 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 walk from Abermule to Montgomery.
  - A responsible adult must accompany junior walkers at EVERY stage of the walk.
- Runners – The event is geared toward walkers, however 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.
- NO dogs at any stage of the walk
- No mountain bikes, motor bikes, fancy dress, horses etc
- Walkers will NOT be allowed on the walk if they appear to be under the influence of alcohol or drugs.
- The organisers have no choice but to limit the number of entrants to 300
- The organisers reserve the right to refuse entries to any individuals or groups

### Entry fees

| Start Points             | Distance | Adult | Junior<br>(13-16 years) |
|--------------------------|----------|-------|-------------------------|
| Machynlleth - Montgomery | 48 miles | £50   | £40                     |
| Staylitttle - Montgomery | 31 miles | £45   | £30                     |
| Caersws - Montgomery     | 21 miles | £35   | £20                     |
| Newtown - Montgomery     | 14 miles | £20   | £10                     |
| Abermule - Montgomery    | 9 miles  | £15   | £5                      |

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

- What you get
  - Rotary Across Wales Walk bespoke finishers medal
  - Light refreshments at most checkpoints and finish line
  - Three full meals (for full route) – breakfast, lunch and tea
  - Water refill stations at each checkpoint
  - Experienced medical cover – St Johns
  - Individual event number
  - Fully signed route
  - GPX files for each route option – available from the website
  - Transport from the finish to Newtown
  - Friendly event team, advice and support

### Application process

- **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 route has changed and you should follow route markers on the day.**
- Individual event numbers will be posted to entrants shortly after the closing date (31 May 2022).
- Preparation details and route guide will be available on the website (sponsorship forms – please photocopy as required)
- 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.
- Online application/payment can be made through SI Entries - [www.sientries.co.uk](http://www.sientries.co.uk)
- Please complete the application form electronically or post the attached application form and send with your entrance fee to: **RAWW c/o MWAC, Maesmawr, CAERSWS Powys SY17 5SB** with cheques payable to “Rotary Across Wales Walk”.
- **CLOSING DATE FOR COMPLETED APPLICATION FORMS - 31 May 2022**

### Refund Policy

- No refunds will be given unless we receive a written cancellation (email or post) at least 15 days before the walk (3 June 2022). 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.
- Covid considerations:
  - Should the event be cancelled due to unforeseen Covid reasons then a refund (less SI Entries fee) will be given to all entrants.
  - Should an entrant receive a positive Covid result in the days leading up to the event, and in accordance with Welsh Government isolation guidance at the time, a refund (less SI Entries fee) will be provided upon receipt of appropriate evidence.

## 2. The route

- A full route guide can be downloaded from our website - [rotaryacrosswaleswalk.org](http://rotaryacrosswaleswalk.org)
- It is recommended that the route instructions be protected against bad weather by laminating or covering with clear Fablon sheet.

### Route distances

|                          |                  |
|--------------------------|------------------|
| Machynlleth – Montgomery | 48 miles / 77 km |
| Staylittle - Montgomery  | 31 miles / 50 km |
| Caersws - Montgomery     | 21 miles / 34 km |
| Newtown - Montgomery     | 14 miles / 23 km |
| Abermule - Montgomery    | 9 miles / 14 km  |

| Start point  |   | Grid Ref       | What3Words<br>(w3w.co/)   | Registration time           |
|--------------|---|----------------|---------------------------|-----------------------------|
| Machynlleth  | Y Plas carpark<br>Machynlleth                   | SH 74333 00430 | affirming.dumps.shoelaces | Between<br>2am – 4am        |
| Staylittle   | Community Hall                                  | SN 88885 92104 | poetry.divide.duck        | Between<br>8 – 10am         |
| Caersws      | Unicorn Hotel                                   | SO 03155 91802 | scorpions.harvest.nursery | Between<br>11.30am – 1.30pm |
| Newtown      | Riverside Venue<br>(entrance to<br>Dolerw Park) | SO 10557 91600 | bronze.hung.shame         | Between 1 – 4pm             |
| Abermule     | Primary School                                  | SO 16252 94934 | clipboard.delight.autumn  | Between<br>1 – 4pm          |
| Finish point | Town centre<br>Montgomery                       | SO 22231 96443 | overcomes.washed.surely   | n/a                         |

- Whichever distance option you're doing, please register between the noted times above at the relevant location. Once you've registered at the checkpoint you can start your adventure when you're ready.
- 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.
- Route details and GPX files will be available on the website. Please ensure you download the latest version, as changes to the route may be made nearer the event.
- 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.

### Route markers

- **The route guide that we will provide is only a guide, the route markers on the day must be followed.**
- We reserve the right to change the route without prior notice.
- Anyone found tampering with route markers etc. will be banned from future walks and their name submitted to other walk organisers.

### Checkpoints

- All entrants (who have registered and paid) will be emailed the entrant info pack before the event.
- **Collect your event number and pin it to your being/kit so that it's visible to checkpoint marshals** – numbers are needed to register at ALL checkpoints and to claim your food at relevant points
- **It is ESSENTIAL** that you register and have your number recorded at every checkpoint along the walk. This is not only for safety reasons.

- The individual cut off times in the table below outline the latest time at which individuals should be passing through the checkpoints.
- If the back marker considers the walking pace of an individual will put them at risk of not finishing the event before the finish time in Montgomery, they will be asked to stop at the next available checkpoint.
- The walk is scheduled to finish by 22.00 (10pm). Any walker who has not passed through Checkpoint 10 before 8.30pm will be asked to take a shorter route to Montgomery.
- These decisions are FINAL and NOT open to negotiation.
- The cut off times are non-negotiable

| Check points | Location               | Cut off time           |
|--------------|------------------------|------------------------|
| Start        | Machynlleth            | Registration 2am - 4am |
| CP 3         | Staylittie             | 10.30am                |
| CP 6         | Caersws                | 2.30pm                 |
| CP 7         | Newtown                | 5.30pm                 |
| CP 8         | Abermule               | 7pm                    |
| CP 10        | Roadside               | 8.30pm                 |
| Finish       | Montgomery Town Centre | 10pm                   |

### Transport

- **Please arrange your transport to the start in Machynlleth, where the registration point is open between 2am – 4am.**
- Unlike previous years and, in light of current Covid circumstances, transport to the start in Machynlleth will not be on offer this year.
- Please ensure you get to the Machynlleth start between 02:00 – 04:00 (2-4am) so that you do not start after the back walker, who will remove route markers along the route and is there for your safety, requiring all walkers to be in front of them.
- 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.
- Mini-buses will be running a shuttle service from the finish back to Abermule and Riverside Venue, 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.

### Food and water

- The entry fee includes the cost of meals.
- Please bring your own refillable containers for the water refill stations along the route. Water will not be provided in single use bottles.
- 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.

Free food & drink are available for walkers on producing their race numbers. Only Machynlleth starters receive all 3 i.e. breakfast, lunch and tea

- Check Point 1 – early morning snack
- Breakfast – a choice of either cooked or continental breakfast
- Lunch – baked potato with choice of fillings
- Tea – selection of cakes and fruit

| Start Points | Breakfast | Lunch | Tea |
|--------------|-----------|-------|-----|
| Machynlleth  | Yes       | Yes   | Yes |
| Staylitttle  | No        | Yes   | Yes |
| Caersws      | No        | No    | Yes |
| Newtown      | No        | No    | Yes |
| Abermule     | No        | No    | No  |

Leaving/retiring from the event – this is very important

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

- If possible, walk to the nearest checkpoint.
- Notify an official (wearing a yellow Rotary tabard) that you are leaving the walk, telling them your name and event number.
- 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'.
- Transport for walkers who retire at checkpoints during the event can be transported to either Newtown or Machynlleth.

**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.**

### **3. Kit and preparation**

#### Kit and clothing

- Please ensure that you wear sensible and appropriate clothing and footwear and be prepared for ALL weather conditions.
- You'll be crossing an entire country and the weather can easily change during the course of the event – so there's a need for both sun cream and cold weather kit. Previous events have seen both cold and hot weather injuries on the same day.
- Please bring a refillable water bottle or cup to refill at water stations along the route.
- There is no mandatory kit check however marshals at the start will be checking for appropriate footwear and clothing for the elements. Marshals discretion to prevent anyone starting if ill equipped.
- **Please wear your event number** (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 **AT THE START IN MACHYNLLETH.**
- Nobody believed to be under the influence of alcohol or drugs will be allowed to start.
- Rucksacks are **YOUR** responsibility, NOT the VOLUNTEERS or OURS.
- Participants wishing to have baggage transported from the start to the finish (for personal logistical reasons) should register bags with the marshals at the start. Bags should be clearly labelled with the walkers' name, number and contact telephone number.

#### Fitness and preparation

- This walk is a **challenge**. It is a challenge for you personally, whatever distance you achieve.
- This is a strenuous 47-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 47-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.

## **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 event can go to your nominated charity or good cause.
- The Rotary Clubs have agreed that the net funds raised from organising the event, (i.e. after deducting all the costs incurred), will be donated to Wales Air Ambulance and The Bronglais Chemo Appeal.
- Your contribution to these funds is included in the entry fee. So just by taking part you are contributing to the charities but we hope that you will take this opportunity to raise funds for your own favourite charity or good cause.
- After the event 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.

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.

**Huge thanks to everyone who supports the event, through volunteering time or donating goods/services.**



## Rotary Across Wales Walk – Saturday 18 JUNE 2022

### APPLICATION FORM

Please complete all sections of the application form

|                |      |  |        |
|----------------|------|--|--------|
| Name           |      |  |        |
| Address        |      |  |        |
| Town           |      |  |        |
| Postcode       |      |  |        |
| Contact Number | Home |  | Mobile |
| Email address  |      |  |        |
| Date of Birth  |      |  |        |

|                          |  |
|--------------------------|--|
| Emergency contact (name) |  |
| Emergency contact number |  |

|   |            |  |           |  |
|---|------------|--|-----------|--|
| Add my name to the reserve list (if applicable)     | Yes please |  | No thanks |  |
| Will you be running /walking the event              | Walking    |  | Running   |  |
| Any dietary requirements e.g vegetarian, vegan etc. |            |  |           |  |

|  |                  |             |
|--|------------------|-------------|
| Which part of the event are you doing? |                  | Please tick |
| Machynlleth – Montgomery               | 48 Miles / 77 km |             |
| Staylittle - Montgomery                | 31 Miles / 50km  |             |
| Caersws - Montgomery                   | 21 Miles / 34 km |             |
| Newtown - Montgomery                   | 14 Miles / 23 km |             |
| Abermule - Montgomery                  | 9 Miles / 14 km  |             |

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.
- agree to download the instructions and print them out myself.

|   |            |  |           |  |
|---|------------|--|-----------|--|
| Please add me to your mailing list                                | Yes please |  | No thanks |  |
| Signature of applicant (or parent/guardian if walker is under 16) |            |  |           |  |
| Date  |            |  |           |  |

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





# Rotary Across Wales Walk



Saturday 18 June 2022

## 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 |
|---------|---------|---------------|-------|------|
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Rotary Across Wales Walk 2023 – Saturday 24 June