



THE PONTON PLOD



SUNDAY 15th SEPTEMBER 2019

Starting from Great Ponton, Nr Grantham

27, 17 or 12 miles in 10 hours from Great Ponton Village Centre nr Grantham SK926304. NG33 5DS. OS Explorer Map 247 covers all routes.

Scenic routes using footpaths, Bridleways, tracks and minor roads passing through several picturesque villages in Lincolnshire and Leicestershire towards the Vale of Belvoir.

Start: 8.30 am (9.30am for 12 mile). Registration from 7.30 am.
Ample car parking at, or close to start.

Good selection of home made refreshments will be provided at all checkpoints, hot drinks and sandwiches available at half way (refreshments and cold drinks only on 12 mile) Home made soup and pudding at the finish. All included in the entry fee.

A certificate will be given to all finishers if required. Tee shirts also available.

Entries on line (information overleaf) or send completed entry forms to Stuart Ashley, Woodpigeon Cottage, Bottesford Road, Allington, Grantham NG32 2DJ. Confirmation and start information will be sent by e mail if supplied (or enclose 9 x 4 SAE). Closing date for postal entries 12th September 2019. Entries on the day available but an e mail or phone call first to assist with catering would be appreciated.

Entry fee : 12ml - £12.00, 17ml - £13.00, 27ml - £14.00 (All £1.00 extra on line - details overleaf or £3 extra on day). Cheques payable to Notfast Running Club.

Proceeds to CASY (Counselling for Young People) and Besso Childrens Home.

Phone :- 07771 813514 or Email stuartashley47@btinternet.com with any queries.

ENTRY FORM

Name.....Mobile No (if carried on walk).....

Address.....

..... Postcode.....

Tel No..... Email

Walker..... Runner..... 27 miles 17 miles.....12miles.....

I agree to abide by the rules of the event (pto) and to observe the Country Code at all times. I confirm that I am in good health and have no medical condition that may cause undue concern or inconvenience to others. I confirm that I participate at my own risk & that no liability is accepted by the organisers for injury damage or loss sustained by me before, during or after the event. I will be over 18 years old on the day of the event.

Club

Signature.....

Signature of Parent or Guardian if under 18.....

SEE OVER

RULES

1. Minimum age is 18 on 27 mile route, and 12 years on 12 and 17 mile route. Entrants under 18 must have parents consent and be accompanied by an adult on the walk.
2. Dogs will be allowed but must be kept under strict control at all times and be on leads when in the presence of livestock and horses. The organisers cannot be held responsible for any incidences caused by entrant's dogs and entrants with dogs should ensure that they have their own Pet Owners Liability Insurance in place.
3. Entrants must follow the prescribed route and ensure their arrival at checkpoints is recorded by marshals
4. Checkpoint closing times will be enforced. Any entrant arriving after closing time will be asked to retire.
5. Entrants retiring at Checkpoints must hand in their tally card and will be transported to the finish.
6. Entrants retiring other than at checkpoints should pass their tally card to another entrant to be handed in at the next checkpoint, or should phone the emergency phone number.

DATA PROTECTION: Details will be temporarily held on computer for the purpose of administering the event.

Organised by :- Notfast Running Club.

Proceeds in aid of
CASY (Counselling for Young People) and Besso Childrens Home.

Entries available on line with Si Entries

<https://www.sientries.co.uk/>

or

Website :-

www.thepontonplod.co.uk

or

www.notfastrunningclub.co.uk/

