

SURREY GROUP LDWA
The 35th Winter Tanners

15th January 2012

Thank you for your entry to the Winter Tanners. For first-timers to LDWA-style challenge events, there are a few tips provided overleaf.

Start Location - Car Park at GR TQ163566, Station Road, Leatherhead. From the M25, exit at J9 for Leatherhead. At the roundabout (if coming from Heathrow direction, this is after you have passed under the M25) follow signs A245 Cobham, rather than to Leatherhead town centre. Go left at the next roundabout (Kingston Road) and pass an BP garage [with an M&S and maybe toilets] on your left, and Shell garage on your right. Bear left (Bull Hill), to enter the clockwise one-way system, then bear right into the south side of the one-way system, Station Road. The car park entrance is on the right. If this car park is full, follow the one-way system round under two rail bridges to the north (Randalls Road), where there is another car park. The start point car park can be accessed across the grass between the car parks.

There are **no** facilities at the car park. Depending on what time you arrive, toilets may be available at the Esso garage, at the railway station (close to the overflow car park), or at the Swan Centre (shopping centre) about 500m away. If you are coming by train, you can leave a bag with warm clothes, etc for the finish in my car.

Start Time and Procedures – The 'Event HQ' is a car, and should be obvious. **You MUST check-in at the start desk to collect your number (NO entries on the day)**. If you haven't been issued a number you won't be in the event. You don't need to wear your number but you must have it available to show the marshals at the start, checkpoints and at the finish. You may start between 7:30am and 9:30am. Faster walkers and runners - please note the checkpoint opening times and DON'T start too early. This particularly applies to the 20-mile route. **When you are ready to set-off, show your number to the Start Marshals at the car park exit, who will note your start time.** Later starters will need to check out at the registration desk.

On route - A marked up copy of the map will be available at the start for you to orient yourself. The route description provided is sufficient to get you round. The routes can be marked up on OS Exp 145 & 146.

There are three checkpoints on the 30-mile route, and two on the 20-mile route. At each checkpoint, advise/show your number to the Marshal. **Do not leave a checkpoint without having your walk number noted by the Marshal.**

All being well, we will be able to provide hot drinks at the last checkpoint (approx. 5-miles from the finish for both routes); otherwise, the checkpoints will only have cold drinks, biscuits, and jelly babies/dried fruit. You will be able to top up water bottles at the checkpoints, but please ensure you bring sufficient supplies to get you round. There are one or two pubs on route.

If you have to retire, please do so at a Checkpoint and tell the Marshals. If you have to drop out other than at a checkpoint, make sure you call the emergency phone number below (also on your route description) so that your departure from the event can be accounted for.

At the finish hand your number to the Marshal, who will be waiting in the Event HQ, in the car park (in the same place as you checked in, I hope). If you finish late, after the finish officially closes, phone or text Juliet Eberle with your details (name, number and finish time) on the emergency number below.

REMEMBER Despite global warming, balmy temperatures cannot be guaranteed and checkpoints only have drinks and biscuits. Check the weather forecast, and be prepared. The route does not go too far from civilisation, but there are no provisions to get you back to the start. You are advised to leave some warm clothes, a flask of hot drink and some food in your car for your return.

Results will be available a few days after the event. In the interests of economy, the results and report will be e-mailed to those who have provided their e-mail address; copies will be posted to those who haven't.

Certificates will be sent to all those who complete their chosen route.

The emergency number for the event is 07930 899328. This is also printed on your route description.

Tips for newcomers to LDWA-type events:

1. Challenge events are not races, and there are no prizes for finishing first. Don't feel pressured to go at a faster pace than you are comfortable with, and if you need to take a break between checkpoints then do so. This is especially relevant on the 30-mile route where the distance between checkpoints is longer than usual for an LDWA event.
2. Keep your route description and number in some sort of waterproof protective covering. This can be a map case, a plastic bag or wallet. The aim is to get to the finish before the paper has reverted to pulp. Even if it is not forecast to rain, if you have been holding the pages in your hot hand for 6 or 7 hours, they are likely to become rather delicate and difficult to read, which isn't helpful if you still have miles to go.
3. Navigation – Whilst the navigation is part of the challenge, we are not trying to mislead you. The route description is written to get you round, not get you lost. Take a few minutes to understand the format and the abbreviations used. Whilst it may look complicated at first, it should become clear on the ground. We have made every effort to ensure that the wording is not open to interpretation.
4. Try and keep track of where you are on the route description – keep a thumb on the current paragraph so as not to lose your place. Many of the instructions are very similar and it is easy to skip lines if you are not careful. Try and be aware of what the next instruction is – are you running along a track until you reach a road, or a T-junction; or are you running along a track for 500yds then turning off? It's easy to miss a turning, especially if you are talking; or to turn off too soon if you don't keep track of how far you've travelled (for shorter distances, I work on the basis of 1 pace = 1yd; for longer distances, time yourself – 1800yds is approx 1ml, so 15-20mins if you are walking). If you have any doubts that you might have gone wrong, check and if necessary retrace your steps to the point you last felt that you were on route and have another go.
5. Don't assume the people in front of you (a) are on the event; (b) are doing the same distance as you; (c) aren't already misplaced themselves. If it doesn't seem right, check. If you are in a group, don't leave all the navigation to one person. Share the load and if it doesn't seem right, check. And if you see that someone has gone wrong, give them a shout and try and put them right.
6. Enjoy yourself. We do this for fun, remember.

For more challenge events, visit the LDWA events calendar at www.ldwa.org.uk