

The Darnley Trail Charity Challenge

Sponsored by Bodywise Pilates & Nordic Walking

EVENT INFORMATION AND RULES

INFORMATION

- Charity: The British Porphyria Association (Registered Charity No. 1089609)
www.porphyrria.org.uk
- Date: Sunday 16th May 2010
- Entry Fee: £6 per person (Sponsorship forms provided)
- Time: Registration from 9am. Runners and teams start at 9.30am. Walkers at 9.45am.
- Sweepers: Twenty minutes after the last entrant has left Shorne Woods, 'sweepers' will follow the trail to remove event signs from the woodland.
- Marshalls: Will be situated at where the trail crosses roads.
- Venue: The event starts from Shorne Woods Country Park. (Parking fee £2.20 pay and display)
- Facilities: Toilets and refreshments available at Shorne Woods Country Park only.
- Route: Darnley trail is a circular route of about 10km. Multi-terrain, roads, footpaths, woodland, bridal paths, flat and undulating, and in parts hilly.
NOT suitable for wheelchairs or pushchairs.
Well behaved dogs on leads welcome. PLEASE CLEAN UP AFTER YOUR DOG!
- Water: There will be NO water available on the trail. ALL participants are advised to carry their own.
- Clothing: Footwear and clothing should be appropriate for the terrain and weather conditions on the day. Heeled shoes and sandals are NOT recommended.
- Entry Forms: Available by email from nordicwalking@bodywiseonline.co.uk or pilates@bodywiseonline.co.uk or by post. Send SAE to The BPA/Bodywise Darnley Trail Challenge, 14 Mollison Rise, Gravesend, Kent. Da12 4QJ.
- Closing Date for Entries: 30th April 2010
- Awards: All participants completing the course will receive a certificate of achievement. There will be a cup for the first school team to return to Shorne Woods, plus £100 towards PE equipment for the school.

RULES

- Registration: All participants MUST register their presence BEFORE leaving Shorne Woods and again on their return.
- Marshalls: All participants MUST take instructions from Marshalls at crossing points.
- Rubbish: All drinks bottles/cans/food wrappers etc MUST NOT be left/dropped on the trail. There are suitable bins available for all rubbish on return to Shorne Woods.
- Dogs: Well behaved dogs are welcome, but must abide by the countryside and trail codes. That is: (a) they must be kept on leads where signs indicate. (b) You must pick up and dispose of dog waste in proper receptacles. (c) You must NOT allow your dog to intimidate other animals/people/children etc.
- Other trail users: All participants should be aware of other trail users. Please give way where appropriate and be courteous to others. In places the trail is narrow; please do NOT barge through slower walkers/runners/ others trail users, but wait until there is an appropriate place to pass.
- Bridal paths: In places the trail follows bridal paths, please be vigilant and give way to horse users.
- Route Markers: Please DO NOT remove/damage/alter any of the trail markers that we put in place for this event. They will be removed at the end of the event by the 'sweepers'.