



## **RULES FOR ALL WALKERS**

### **RULES FOR THE BRIDGNORTH LIONS WALK**

1. ALL WALKERS ENTER AT THEIR OWN RISK, AND THE WALK COMMITTEE CANNOT BE HELD RESPONSIBLE FOR PERSONAL ACCIDENTS.
2. Due to Police restrictions on numbers of walkers on the road at any one time, no-one shall be allowed to walk without official number cards prominently displayed.
3. Walkers must read and follow the safety instructions provided.
4. Walkers may set their own pace BUT THERE MUST BE NO RUNNING (See the instructions supplied regarding walking rules). Walkers must walk at all times on the left hand side of the road to Cleobury North and then the right hand side of the road when there is no pavement.
5. Walkers are asked not to leave any litter on the course, but to use the bins provided at each checkpoint.
6. Teams can consist of 2 or more walkers. These can be a combination of Senior and Junior walk entrants.
7. There is strictly no smoking allowed whilst walking on the Brown Clee Hill. Access to the Brown Clee Hill is provided by permission of Burwarton Estates and Clee St Margarets Parish Council.
8. At the end of the Walk, when approaching the Finishing Point, please display your number prominently so that the marshals and commentator can identify you.
9. Walkers are responsible for paying their sponsor money to their nominated charity either directly or via their team leader.
10. For safety reasons dogs are not encouraged on the Bridgnorth Walk. However, if dogs do participate they must be kept on a lead at all times.

### **Rules specific to the SENIOR WALK**

13. Entrants for the Senior Walk must be aged 15 years or over.
14. In order to cover the costs of organising the event, each walker must pay an entry fee of £15. This is not refundable in the event of anyone withdrawing from the walk before the start.
15. Walk Numbers will be issued on the day of the Walk, please arrive in good time to collect them.
16. Anyone adjudged to have been running will be penalised and allowed to complete the walk, but anyone disqualified from the race contest will not qualify for a trophy or prize. Scrutineers will be utilised to give judgement should any query arise.
17. Walkers aged 50 or over may, if they wish, take the amended course by turning downhill at Checkpoint 10, thus avoiding the walk over the summit.
18. There is no need to bring your sponsor form(s) with you on the day, all we will need is the name of your chosen charity and an indication of how much you have raised.

### **Rules specific to the JUNIOR WALK**

19. In order to cover the costs of organising the event, each junior walker must pay an entry fee of £5. This is not refundable in the event of anyone withdrawing from the walk before the start.
20. Entrants for the Junior Walk must be aged at least 9 and less than 15 on the day of the Walk.
21. There is no need to bring your sponsor form(s) with you on the day, all we will need is the name of your chosen charity and an indication of how much you have raised.
22. Walk Numbers will be issued on the day of the Walk, please arrive in good time to collect them.