



**Entry Form** One form per person – photocopies accepted

Closing date for postal entries 24/05/09

Name .....

(print in full)

Address .....

.....

..... Post code .....

Tel No .....

Email .....

Date of Birth..... /..... /.....

Entrants under 16 years of age require parent or guardian consent

.....

**Days and distances you intend to walk**

**Saturday**     5km     10km     20km     42km

**Sunday**     5km     10km     20km     42km

**Sunday 5kms is Pushchair friendly**

**Entry Fess** (non refundable)

10 – 42km    Adults £5.00 for 1 day or £8 for 2 days

Children £4.00 for 1 day or £6 for 2 days

Family Ticket – 2 Adults & 2 Children

£12 for 1 day or £20 for 2 days

5km only    Adults / Children £1.00 per day

**Extras**    Club Souvenir Badges @ £3.00 each

**Total remittance enclosed**    £.....

Cheques should be made payable to – **SlaMS** (Somerset Levels and Moors Strollers)

Please tick if you require information on

Bed & Breakfast    Campsites    Hotels

**Completed entry forms**, with fee enclosed, plus an A5 sae  
(for confirmation of registration) **S.L.a.M.S. Golden Ramblers**

# Langport 2 Day

## Festival of Walking

### 13<sup>th</sup> – 14<sup>th</sup> June 2009

BWF Approval No. BWF103/E1/09

Patron Graham Watson member of the European Parliament

Muchelney Abbey



ENGLISH HERITAGE



Welcome .....

## To the Langport Festival of Walking 2009

The ancient town of Langport is known as the Heart of the Levels and Moors of Somerset. Built within a broad, sweeping curve of the River Parrett, the views from three sides are of willows, watercourses and old drove roads. As the time of the festival, cattle and sheep will be browsing on the rich grazing, birds and wildlife will abound and the pleasant smell of freshly cut grass will linger in the air!

Langport provides an excellent base from which to explore this quiet landscape. It has car parks, a supermarket and shops which offer local food, jewellery, gifts & the works of local artists and artisans. There are plenty of welcoming places in which to eat, drink and stay in the area, including Hotels, Bed & Breakfast and Caravan & Camping Parks. The area also offers a wide selection of interesting places to visit. A half price swim over the weekend and a discount into the Muchelney Abbey at Muchelney on Sunday are available to those producing their walking card.

Enjoy the weekend, whatever the weather!

Hans Rennie  
Walk Organiser

### Rules

- 1 The walks are open to any individual on submission of entry details and payment of appropriate fees.
- 2 The walks will take place, whatever the weather
- 3 Walkers under the age of 16 must have parental consent and should be accompanied by a responsible person.
- 4 Walkers must obey the Country Code. Use footpaths wherever possible.
- 5 Walkers spreading litter or causing any form of damage will be disqualified and may face prosecution.
- 6 Dogs are welcome on leads, but if they foul, the owner must dispose of it in the appropriate manner & place. Dogs are NOT permitted on 42k walks.
- 7 The organisers are not liable for accidents, thefts or damage to property. Every effort will be made by the organisers to make these safe, enjoyable and memorable walks.

**S.L.a.M.S. Golden Ramblers**  
Dray Road, Odcombe, Somerset BA22 8UF  
Telephone No – 01935 864523  
Emails – Slams1@btinternet.com

**Slams Walking Festival** is a weekend of non-competitive walks. These are qualifying events towards the IVV award scheme promoted by the BWF an organisation which encourages personal fitness through regular outdoor activity. Details and information on the IVV, represented in the British Isles by the British Walking Federation, will be available at the start venue of the event.

The aims of the walks are to provide a focal point for people who enjoy walking, to encourage physical activity of the kind that everyone can enjoy, to provide a challenge and reward and to show some of the rustic countryside around Langport. Each Individual who completes the route of his or her choice will qualify for an award in the form of a Certificate.

**The walks are for pleasure, but individuals may use them to raise funds for deserving causes if they so wish.**

Food and liquid refreshments will be provided at check points. Entries will be accepted by post until 24<sup>th</sup> May 2009 or at the start of the day.

**Start & Finish** – Huish Episcopi Senior School, Langport, Somerset. OS Map No.129 Grid ref ST428 268

### Times

- 42km Start between 07.30 and 08.30
- 20km Start between 08.30 and 11.00
- 10km & 5km Start between 11.00 and 14.00
- All walkers must be finished by 18.00

