

Fire Sport - UK

www.salisbury54321.com or www.firesportuk.com

Sunday 12th August 2018



In aid of The
Fire Fighters
Charity

Charity registered
in England & Wales (1093387) and Scotland (SC040096)



“Salisbury 5-4-3-2-1”

Run or Walk a Multi Terrain Trail Marathon

With 'B' Tag / Number ChronoTrack **TIMING & RESULTS**

Classic Summer WESSEX Walks or Runs

Choose from: **3, 6, 13.1, 20, 26.2** or **31 Miles** apx
= **5k, 10k, 21k HM, 33k, 42k Marathon, or 50k Ultra Marathon**

FIRE SPORT UK - BWF98/E1/18 ~ LDWA

Fire Service Organised Challenge Walks or Trail Runs ~ 'B'Tag Chip Timing

Salisbury 5-4-3-2-1

Sunday 12th August 2018

Form revised 30th Aug 2017

The Salisbury 5-4-3-2-1 walk, or trail run is an event suited to all the family, with a choice of distances from 5km to the more demanding 42k/Marathon, or even a 50k Ultra Marathon. The routes will be over footpaths, bridleways and quiet country roads in the Salisbury Wessex area. The walk/trail runs, will take you past a variety of sites of historical and scientific interest and through Country Estates not usually open to the public.

This has been made possible by the kind permission of several landowners along the route and including English Heritage.

NB. As the event takes place during the harvest season, participants are asked to enjoy the Countryside but to **take great care with respect to Fire risks.**

Circular Walks or Runs Start / Finish at Salisbury Fire Station OS184 MR 140308

Choice of Distance: (5k & 10k Walk only) 21k, 33k, 42k (MARATHON) and 50k Ultra

Entry Fees Walkers £12 *Discounts (U16= £8) *(U5= Free) *Warning Entry may fill early

BWF members with number = £2 if walking accepting IVV stamp only - with no medal or Badge

Late Entry Fee Walkers Only Add £3 (If places remain) Changing distance after 7th Aug Add £5

Important for 2018 - NO On-The-Day Entry for RUNNERS *event limited & may close early.

Trail Runners £29 >Unattached runners. Discounted to **£27** >if a member of a UK Club

For runners, ChronoTrack Timing & Results, small Trophy each Distance 1st male & female

Includes frequent water stops, a Medal, or Badge and available upon request at finish HQ.

Also a commemorative Certificate of a classic summers walk / Trail run in Historic Wessex.

On-line Entry = www.salisbury54321.com

COUNT YOURSELF DOWN OVER:

5 Rivers = Avon / Bourne / Ebble / Nadder / Wylye.

4 Hills = Old Sarum / King Manor / Clearbury Hill Fort / Salisbury Race Course

3 Large Country Estates = Clarendon / Longford / Wilton.

2 Castles = Old Sarum & Longford Castles.

1 Cathedral = Salisbury Cathedral with a 404ft spire.

Start Times: *No Runners/joggers before allocated Starts - as May be Disqualified

Some revised for 2018 *Helping walkers with more runner free sections *Distances are apx

08:00 ~ 08:15 = Walkers of 50k, 42k and 33k *If entering as walkers - NO Running or Jogging

09:30 ~ 50k Ultra Trail Runners (massed start)

10:00 ~ 42k/Marathon Trail Runners (massed start) – and 10k Walkers

10:30 ~ 33k Trail Runners (massed start) and 5k Walkers *short pushchair friendly route

11:00 ~ 21k Trail Runners (massed start)

11:00 ~ 11:15 = 21k Walkers

ALL PARTICIPANTS SHOULD AIM TO FINISH BY 18:00 - If entering as a walker NO Running or Jogging

Entries can be accepted on the form overleaf.

Please return Entry Form by post to;

Ludo Macaulay 15 Ashley Road Salisbury Wiltshire SP2 7BZ



Cheques payable to 'Salisbury 54321' Entry and any c/c handling fees once paid are not usually refunded, but with notice (prior to 07/08/2018) consideration for injury, will be given to rolling over entry to the following year 11.08.2019.

For participants changing distance, after the 7th August, there will be an additional Late/administration fee of £5 Walkers only ON THE DAY a late entry fee of £3 and medals or certificates may have to be forwarded later.

On-line Entry @ www.salisbury54321.com

The Routes MT have been carefully chosen and some only slightly revised for August 2018 but will be well 'Way marked' with participants following scenic paths and quiet country roads, between staffed Checkpoints in order. A Route description and trace overlay map will be available from our Web site and prior to the Start, but to add to enjoyment an OS Explorer Map 130 or Landranger 184 is recommended to follow your progress.

- **Runners** must wear their issued Race Bib numbers on their chests, and walkers must display their event [Chip] number provided and ALL to show the number at Checkpoints and complete important health declaration and next of kin details, on reverse of number prior to the start.
- **Walkers** and runners may only retire at checkpoints, reporting to and giving staff their issued number. An emergency telephone number will be made available at registration. (keep a note of it)
- **Less Able Athletes'** Special parking, toilet and assistance is offered to disabled athletes at the start and finish venues, however the routes are **NOT** suitable for wheelchairs, but the 5k walk only route is OK for pushchairs and young families and offers some fine views overlooking New Sarum.
- **Take** appropriate clothing for likely changes in the weather and hat / sunscreen for sunny weather.
- **Refreshments** in the form of Water and perhaps some food will be available at 12+ checkpoints and most of the routes will lead you past Public Houses and other premises with basic facilities.
- **Entrants** under the age of 18 must have parental, or guardian consent and if *under13 must also be accompanied by a responsible person, ***see min ages for runners of chosen distances (ref UKA rules)**.
- **All dogs** in hot conditions you must consider the welfare of the dog and if taken must be kept under control all times, be at the back of any mass start and be on a lead by fields with livestock and when in the vicinity of the large Country Estate Houses, where landowner's dogs are often allowed to roam free.
- **iPods & MP3** Players The organisers have no objections to these be worn, it is proved they can enhance your running experience **HOWEVER** under new rules from UK Athletics which ban them on Road Races so great care **MUST** be taken **crossing roads and in the City, or vicinity of traffic**.
- **Follow** the Highway and Country Codes. Do not alter or move route markings. Participants leaving litter, (*The Offence of Dropping Litter Section 87 of the Environmental Protection Act 1990 makes it an offence to throw down, drop or otherwise deposit and then leave, litter in any place in the open air*). causing damage, or failing to comply with event rules/start times, or not walking-when entered as a walker may be disqualified.
- **Special Awards** are available upon request - to groups of 5+ who have entered together by 7th August 2018 and there will be other 'Spot Prizes' and merchandise such as T-shirts for purchase.
- **Although** this is not a Sponsored Walk, the organisers have no objection to the event being used by participants to raise money for any Charity, with a special plea and certain incentives available for the official event Charity 'The Fire Fighters Charity' web site: www.firefighterscharity.org.uk

The organisers are not liable for accidents, thefts and/or damage to property. Every effort will be made by the organisers to make this a safe enjoyable and memorable event. We do appreciate any help with advertising this Walk or Run Challenge. For other local & National walks please visit: www.firesportuk.com

For more entry forms or details please contact the organisers. Ludo Macaulay 15 Ashley Road Salisbury Wiltshire SP2 7BZ - 01722 332211, Fax 01722 504503 E-mail ludomacaulay@hotmail.com

Fire Sport UK - Walking & Mountaineering Section www.firesportuk.com

Visit Web sites www.salisbury54321.com or www.firefighterscharity.org.uk

Entry Form: for the **Salisbury 5-4-3-2-1**

SUNDAY 12th August 2018 Walk or Trail Run

From Salisbury Fire Station SP2 7TN

MUST State Chosen Distance For Walk () or Run ()

Walks Start (8 am = 50K, 42K & 33K)..... 10:00am = 10K..... 11:00am = 21K & 5K *Short family walk

Runs Start (9:30am = 50K), (10am = 42K/Marathon), (10:30am = 33K), (11am = 21K), *NO 10K in 2018

UK Athletics Min ages for Runners; 21k = 17, 33k = 18, Marathon = 18, Ultra = 20+

Mr/Mrs/Miss (Surname).....

First Name

Address

Postcode

Telephone

E-mail

Date of Birth **Age on Event Day () years** >Refer to min ages

1) Are you a Member of a UK Affiliated Running Club? ***Yes *No**

2) If so, Club name?

3) Your England Athletics Competition Licence No

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4) Do you have any Health issues that the Race

organisers need to be aware of? Please state:.....

Runners Entry Fees; £29 or Discounted for UK Club Runners **£27**

Walkers only £12 ----- or Discounted for U16 = **£8** and **U5's go FREE**

Event T-Shirt @ £10 £ **size** **Advanced Book Post event massage @ £5** £

Cheques payable to: "Salisbury 54321" On the Day add £3 Walkers if entry not closed on Web site

Now Please Return to Ludo Macaulay 54321 Race Director 15 Ashley Road Salisbury Wiltshire SP2 7BZ

Run under UK/England Athletics Rules - I accept the England Athletic rules and declare that I will compete on foot and at my own risk and no way hold the organisers responsible for any injury, illness, or accident (including death) to my person and property. "The organisers are not liable for accidents, thefts and/or damage to property. Every effort will be made by the organisers to make this a safe enjoyable and memorable event."

*We are unable to accept entries from anyone who does not want their name and race number entered on a computer and be advised photographs may be taken on the day and you should advise us if you don't want your image used in any possible future publicity.

Parental / Guardian Permission required for participants U18

Signature..... **Date**.....

Please tick if willing to support the Fire Fighters **Charity** and that you have no objection to us sharing your contact address with them, so you may receive a Fundraising Pack