

PLEASE READ. This is a registration form for the St Mary's Hospice a Walk to Remember 2010. All ladies must register to take part. All entries will be processed in the order we receive them.

PLEASE READ Anyone under the age of 12 is not able to participate. 12-16 year olds must be accompanied by an adult and the parent/guardian name written on the registration form. Places are limited; if you want to walk with friends please secure your places by sending in your entries together.

PLEASE READ Walking this distance is a strenuous activity, therefore all participants should be in a reasonable state of health. If in doubt please consult your doctor prior to starting your training programme.

PLEASE READ The organisation cannot be held responsible for personal accident or injury or loss damage to personal effects.

PLEASE READ You can register on the night. However, only if places are available and an application form must be submitted for each person taking part.

PLEASE READ If you are unable to walk please let us know as soon as possible. You must not give your place to anyone else.

PLEASE READ No walkers should commence the walk until the walk has been officially started. All walkers are requested to be considerate to residents when walking through residential areas and keep noise to a minimum.

PLEASE READ Please note that St Mary's Hospice a Walk to Remember is organised by and for the benefit of St Mary's Hospice only.

PLEASE READ The Walk to Remember is NOT a race and no walkers are allowed to jog or run. You can power walk, but no walker must pass the nominated lead walkers or walk on the road or cycle lanes. The instructions given by stewards must be adhered to.

PLEASE READ We request that participants do not consume alcohol while walking the route as regulations regarding consuming alcohol on the public highway will be contravened and the Hospice maybe subject to legal action.

PLEASE READ You are not permitted to use any of the sponsorship money you raise to pay for expenses. All sponsorship money must be handed to St Mary's Hospice by Friday 30th July 2010.

PLEASE READ A Walk to Remember is a fundraising event. We do not ask for a minimum sponsorship, but hope that you will raise as much money as your can for St Mary's Hospice. By taking part in the event you are committing yourself to raising funds for the charity. If you do not pass all the money that you raise to St Mary's you may be committing a criminal offence.

PLEASE READ I grant my permission to St Mary's Hospice and its sponsors to use photographs, recordings and data and any other record of my participation in the Walk to Remember for any legitimate purpose without remuneration.
Fundraising Department
Tel: 01229 580305 Mon– Fri 8.30am-4.30pm
Email: events@stmaryshospice.org.uk
www.stmaryshospice.org

St Mary's Hospice

Welcome to our 4th Annual Walk to Remember

Our Ladies only 11km sponsored walk
around Barrow in Furness

Friday 14th May 2010

Starting at 10.00pm

For more information call
01229 580305

or visit

www.stmaryshospice.org

Places are strictly limited so please register early



St Mary's Hospice - A Walk to Remember 2010

In 2009, ladies who took part in our third Moonlight Walk, raised £50000. This was an amazing achievement, but this year, with your help, we would like to at least equal that magnificent total.

In 2010, with the help of our community, we need to raise approx £5000 per day to cover the running costs of St Mary's services. Over the last 20 years St Mary's has grown and developed extensively, enabling us to care for many more local people each year. This special care and support is beyond price for those who benefit, but is only possible because of the generosity of those who give.

Although there isn't a minimum sponsorship we do respectfully ask that you try and raise as much as you possibly can. Why not ask your employer if they will match fund you?

If you would like to be involved in the event, but for whatever reason do not want to do the walk, how about volunteering your assistance on the Night? We will need lots of help, both male and female, with stewarding, registration, refreshments etc..

To register as a volunteer please contact the St Mary's Hospice Fundraising Department on 01229 580305, Mon - Fri 8.30am - 4.30pm or email events@stmaryshospice.org.uk.



Registration Form

Title First Name Surname

Address

..... Post Code

Day Tel No Evening Tel No

Mobile No E-mail

Age (No children aged under 12 allowed; 12-16 year olds must be accompanied by parent/guardian)

Entry Fee (Please tick Box) I enclose my entry fee of £10 which I understand is not refundable.

All entrants will receive their T-shirt and Goody Bag when they register on the night.

Conditions: I understand that this is a fundraising event organised for the benefit of St Mary's Hospice. I agree that I will endeavour to raise as much sponsorship money as possible and that by signing this registration I confirm that I have read and accept the rules and regulations of entry to a Walk to Remember.

Cheques should be made payable to St Mary's Hospice. Please note that any entry forms NOT signed will be returned. Please return your entry form and fee to the following address: Hospice of St Mary of Furness, FREEPOST WW10273, Ulverston, Cumbria, LA12 7ZZ

For any other information please contact Fundraising Department on 01229 580305 Mon - Fri 8.30am - 4.30pm or email events@stmaryshospice.org.uk. www.stmaryshospice.org

Signed: Date:

We will forward your sponsorship form and walk number on receipt of your registration application.