

St Mary's Hospice - A Walk to Remember 2009

Friday 15th May 2009

Registration Form

Miss/Mrs/Ms First Name Surname

Address

..... Post Code

Daytime Tel No Evening Tel No

Mobile No E-mail Address

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

Entry Fee - I enclose my entry fee of £10 which I understand is not refundable. Cheques should be payable to 'St Mary's Hospice'. Your entry fee covers all expenses including T-shirt and Goody Bag.

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

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

This event is for women only, but we encourage all men to help steward the event or simply offer encouragement to all those taking part.

RULES AND CONDITIONS FOR THE WALK TO REMEMBER 2009

- Participants should be in a reasonable state of health. The organisation cannot be held responsible for personal accident or injury or loss or damage to personal effects.
- You cannot register on the night. An application form must have been submitted for each person taking part.
- Places are limited; if you want to walk with friends please secure your places by sending in your entries together.
- No walkers should commence until the walk to remember has been officially started.
- All walkers are requested to be considerate to residents when walking through residential areas and keep noise to a minimum.
- If you are unable to take part, please let us know as soon as possible. You must not 'give' your place to anyone.
- The walk 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 and must follow instructions given by stewards.
- All sponsorship money must be handed to St Mary's Hospice by Friday 31st July 2009.
- We also 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.

By signing this registration form I confirm that I have read and accepted the conditions of entry to the walk to remember and the rules and regulations for this event.

Signed: Date

Please return this form to: St Mary's Hospice FREEPOST NWW10273 Ulverston Cumbria LA12 7ZZ