

Waendel Walk 2019

Entry Form

Sat 11 May (10am Start)



Please complete one form for every person taking part

<p>Name</p> <p>Address</p> <p>Contact Number</p> <p>Mobile</p> <p>Email address</p>	<p style="text-align: center;">Tee Shirt Sizes</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: center;">Children</th> <th style="width: 50%; text-align: center;">Adult</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> Age 3/4 - 22/24"</td> <td><input type="checkbox"/> Small 34/36"</td> </tr> <tr> <td><input type="checkbox"/> Age 5/6 - 26/28"</td> <td><input type="checkbox"/> Medium 38/40"</td> </tr> <tr> <td><input type="checkbox"/> Age 7/8 - 30"</td> <td><input type="checkbox"/> Large 42/44"</td> </tr> <tr> <td><input type="checkbox"/> Age 9/11 - 32/34"</td> <td><input type="checkbox"/> XL 46/48"</td> </tr> <tr> <td><input type="checkbox"/> Age 12/13 - 34/36"</td> <td><input type="checkbox"/> XXL 50/52"</td> </tr> <tr> <td colspan="2"><input type="checkbox"/> No T-Shirt Required</td> </tr> </tbody> </table>	Children	Adult	<input type="checkbox"/> Age 3/4 - 22/24"	<input type="checkbox"/> Small 34/36"	<input type="checkbox"/> Age 5/6 - 26/28"	<input type="checkbox"/> Medium 38/40"	<input type="checkbox"/> Age 7/8 - 30"	<input type="checkbox"/> Large 42/44"	<input type="checkbox"/> Age 9/11 - 32/34"	<input type="checkbox"/> XL 46/48"	<input type="checkbox"/> Age 12/13 - 34/36"	<input type="checkbox"/> XXL 50/52"	<input type="checkbox"/> No T-Shirt Required	
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<p>Closing date for entries is Friday 26 April - 2019</p>															

Declaration: I enclose the sum of £5 for my entry and pledge to raise a minimum of £15 sponsorship for the Waendel Walk 2019.


With your consent we'd also like to keep you informed about other activities and events that we are involved with. Please tick a box below if you would like to receive further information from Wellingborough Mind by email or text.

Yes, please keep me informed by:

Email or Text

Email only

Text only

 Your contact details will be safe with us - we will not pass this information on to third parties.

Wellingborough Mind, 14 Havelock Street, Wellingborough, Northamptonshire, NN8 4QA t: 01933 223591 Registered Charity No: 1174391

Safety

Walkers must take their health and safety responsibilities very seriously. We want you to have an enjoyable day so please be prepared for all weathers and make sure you have plenty of water with you to avoid dehydration. Make sure you wear suitable footwear and clothing for walking and take a mobile phone with you for emergencies.

Control points and toilets are available at regular intervals on the routes where refreshments may be purchased. Water is available free of charge (don't forget your water bottle).

Participants take part in the event entirely at their own risk. The organisers take no responsibility for the loss or damage of participant's property.

Walkers must obey the Highway and Country Code and walk on the right-hand side of the road facing oncoming traffic. They are responsible for their own personal safety.

If you do experience any difficulties whilst on the route or feel unwell please ring the emergency mobile number on your wristband and make sure you give clear instructions of your location to enable our emergency team to find you.

Rules - Waendel Walk events are open to anyone on completion of the registration form and entry fee. Entry fees are non-refundable. The event organisers reserve the right to alter the routes or close any part of a route should weather conditions or any other emergencies dictate. Anyone under the age of 18 must be accompanied by a responsible adult over the age of 18.

Please return your completed form to: Wellingborough Mind, 14 Havelock Street, Wellingborough, Northamptonshire, NN8 4QA or alternatively email: admin@wellingboroughmind.org.uk