

the SunWalk® newcastle 2009

**Sunday 19 July
Exhibition Park**

entry form
also available online visit
www.walkthewalk.org



 **walkthewalk®**

uniting against
breast cancer

Patron HRH The Prince of Wales

We're Walking on Sunshine!

Join us at The SunWalk Newcastle and you could be taking the first steps to making a difference! Family and friends can get together and take on the challenge of a Half Marathon, 10K or 5K distance, and whilst you're all getting fitter and having fun: you will also be raising awareness and money that will be granted to vital breast cancer causes.

This is your **BIG** chance to make a difference! Bring a picnic, bring friends, bring everyone and join us on Sunday 19 July 2009 at Exhibition Park, Newcastle. It's going to be a great day of music and fun so fill in this entry form and take on the challenge!



What is Walk the Walk...

Walk the Walk is a charity not only committed to raising money for vital breast cancer causes but will also show you how to stay fit and healthy by encouraging exercise and healthy eating as a vital part of cancer prevention.

Walk the Walkers do it in bras!...

Wearing bras is Walk the Walk's unique trademark. The girls and yes the guys too, as long as you are over 13... all Walk the Walk in decorated bras. Whilst it is not the normal sight for a Sunday afternoon in Newcastle... it is a spectacle to behold and one that succeeds in not only raising awareness but also millions of pounds for Walk the Walk. So be courageous, be brave and get creative! We'll be giving you lots of tips on how to get decorating, you may just surprise yourself!

What we do for you...

Come and join us for the SunWalk! You can choose to complete a Half Marathon, 10k or 5k. After receiving your entry form we will then send you all the information you need to start Power Walking and getting fit. You will also receive a sponsor form to start your fundraising and a Safety Guide - everything you need to get going! A few weeks before the event you will receive your hat, T-shirt and walker number. If you are over 13 you will also receive your bra to decorate! On the day there will be great music, plenty of fun and a warm up before the start. Toilets and water are provided en route and a team of smiling faces giving out medals to welcome you home!

**ALL entrants
MUST
complete
this page
and one
other page**

Personal Information

Mrs/Ms/Miss/Mr/Other (please state)

Forename(s)

Surname

Address

Postcode

Country

Phone

Mobile

Email

Emergency contact name on event day

Emergency contact phone number

Follow 3 easy steps to join The SunWalk:

- 1 Fill in the form above
- 2 Choose which distance you want to walk and fill in one of the following forms:
Half Marathon fill in the **Pink** form
10k fill in the **Orange** form
5k fill in the **Yellow** form
- 3 Enclose **one cheque** per entry made payable to Walk the Walk in Action Ltd (address on reverse of this form)

NB. If you are entering as part of a team, each person must include a separate form and a separate cheque.

If I am **NOT** successful in gaining entry to the event I would like to donate my entry fee. Yes No

By using Gift Aid you can make your donation worth more.

For every pound you give to us, we get an extra 25 pence from the Inland Revenue. So just tick here, it's that simple. I would like Walk the Walk to treat the enclosed donation as a Gift Aid donation Yes No

To qualify for Gift Aid, what you pay in income tax or capital gains tax must equal the amount we will claim in the tax year.

If you think your story may be of interest to others tick the box and attach a brief account of your story along with your entry form and post to the address above.

Walk the Walk in Action Limited is a wholly owned subsidiary of Walk the Walk Worldwide, a charity recognised in Scotland which aims to grant 80% of its charitable income.

Charity No. 029572

WTW Newcastle

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Half Marathon

All walkers must be at least 13 years of age on event day

Preferred T-shirt style (if available)

Loose fit Medium 12 Large 14 XLarge 16
XXLarge 18

Tight fit Small 8/10 Medium 10/12 Large 12/14
XLarge 14/16 XXLarge 16/18 Small is available in tight fit only.

A bra will be sent to you.

The following sizes are available: 30 D-G, 32-38 A-G, 40-42 D-DD

Back size Cup size

Prosthesis bras are currently available in the following sizes: 34 B-D, 36 B-D, 38 B-D. If you are outside this size range, we will endeavour to find you a suitable prosthesis bra.

Back size Cup size

If you require a bra size that is not available, we suggest that you either decorate one of your own bras for maximum comfort, or pick a bra size that is available and may be suitable for you. In all cases we will endeavour to send the bra size that you have requested. Colour can not be specified.

Please make sure that you order the right size as exchanges are not possible.

Finishing times

Please tick your expected finishing time for 13.1 miles. Don't forget! Take into account that with training you will be faster than at the time of entry.

0-3 hrs 3-4 hrs 4-5 hrs

If you plan to walk with anyone else you MUST put the same finish time if you want to start together. No runners are permitted in this event.

Teams

Fill in this section if you are entering as a team and would like to be known by a 'team' name. **PLEASE NOTE: This section is compulsory for children and their parents/guardians.**

Team name
It is essential that the spelling of the team name is correct.

Do you have any allergies or a medical condition of which the organisers should be aware? Please give details below

Entry fee

I enclose my entry fee of **£26** (inc 17.5% VAT)

By signing this form in the space below, I confirm that I have read and accept the conditions of entry to The SunWalk and all the rules and conditions of the event. All cheques must be made payable to **Walk the Walk in Action Ltd** – do not send cash. Entry forms that are not signed will be returned to the applicant.

I also aim to raise a minimum sponsorship of **£100.00** for Walk the Walk Worldwide.

Rules and conditions of entry are on the back of the form.

Signed Date

Entrants must be 13 years of age on the event day, 19 July 2009. Any walker between the age of 13 and 17 must include their age and signature of guardian.

Date of birth day month year Age on event day

Name of guardian (printed)

Relationship of guardian to walker

Signature of guardian

WTW Newcastle

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10k

All walkers must be at least 6 years of age on event day and must be able to walk the distance

Preferred T-shirt style (if available)

Adult

Loose fit Medium 12 Large 14 XLarge 16
 XXXLarge 18

Tight fit Small 8/10 Medium 10/12 Large 12/14
 XLarge 14/16 XXXLarge 16/18 Small is available in tight fit only.

Child

6yrs 7-8yrs 9-11yrs 12-13yrs

A bra will be sent to all walkers aged 13 and above. The following sizes are available: 30 D-G, 32-38 A-G, 40-42 D-DD

Back size Cup size

Prosthesis bras are currently available in the following sizes: 34 B-D, 36 B-D, 38 B-D. If you are outside this size range, we will endeavour to find you a suitable prosthesis bra.

Back size Cup size

If you require a bra size that is not available, we suggest that you either decorate one of your own bras for maximum comfort, or pick a bra size that is available and may be suitable for you. In all cases we will endeavour to send the bra size that you have requested. Colour can not be specified.

Please make sure that you order the right size as exchanges are not possible.

Teams

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Team name
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Do you have any allergies or a medical condition of which the organisers should be aware? Please give details below

Entry fee

I enclose my entry fee of **£26** (inc 17.5% VAT)
 Children between the age of 6 -12 can benefit from a reduced entry fee of **£18** (inc 17.5% VAT)

By signing this form in the space below, I confirm that I have read and accept the conditions of entry to The SunWalk and all the rules and conditions of the event. All cheques must be made payable to **Walk the Walk in Action Ltd** – do not send cash. Entry forms that are not signed will be returned to the applicant.

I also aim to raise a minimum sponsorship of **£100.00** for Walk the Walk Worldwide. Children are just asked to raise as much money as they can.

Rules and conditions of entry are on the back of the form.

Signed Date

Entrants must be 6 years of age on the event day, 19 July 2009. Any walker between the age of 6 and 17 must include their age and signature of guardian.

Date of birth day month year Age on event day

Name of guardian (printed)

Relationship of guardian to walker

Signature of guardian

WTW Newcastle

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5k

Walkers of any age, limited places for buggies

Preferred T-shirt style (if available)

Adult

Loose fit Medium 12 Large 14 XLarge 16
 XXXLarge 18

Tight fit Small 8/10 Medium 10/12 Large 12/14
 XLarge 14/16 XXXLarge 16/18 Small is available in tight fit only.

Child

0-24months 3-4yrs 5-6yrs 7-8yrs 9-11yrs 12-13yrs

A bra will be sent to all walkers aged 13 and above. The following sizes are available: 30 D-G, 32-38 A-G, 40-42 D-DD

Back size Cup size

Prosthesis bras are currently available in the following sizes: 34 B-D, 36 B-D, 38 B-D. If you are outside this size range, we will endeavour to find you a suitable prosthesis bra.

Back size Cup size

If you require a bra size that is not available, we suggest that you either decorate one of your own bras for maximum comfort, or pick a bra size that is available and may be suitable for you. In all cases we will endeavour to send the bra size that you have requested. Colour can not be specified.

Please make sure that you order the right size as exchanges are not possible.

Teams

Fill in this section if you are entering as a team and would like to be known by a 'team' name. **PLEASE NOTE: This section is compulsory for children and their parents/guardians.**

Team name
 It is essential that the spelling of the team name is correct.

Do you have any allergies or a medical condition of which the organisers should be aware? Please give details below

Entry fee

I enclose my entry fee of **£26** (inc 17.5% VAT)
 Children between the age of 0 -12 can benefit from a reduced entry fee of **£18** (inc 17.5% VAT)

By signing this form in the space below, I confirm that I have read and accept the conditions of entry to The SunWalk and all the rules and conditions of the event. All cheques must be made payable to **Walk the Walk in Action Ltd** – do not send cash. Entry forms that are not signed will be returned to the applicant.

I also aim to raise a minimum sponsorship of **£100.00** for Walk the Walk Worldwide. Children are just asked to raise as much money as they can.

Rules and conditions of entry are on the back of the form.

Signed Date

Any walker between the age of 0 and 17 must include their age and signature of guardian.

Date of birth day month year Age on event day

There are limited places for buggies and we advise that babies should be carried in slings or back carriers.

Coming in a buggy

Name of guardian (printed)

Relationship of guardian to walker

Signature of guardian

WTW Newcastle

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Return this form to:
The SunWalk Newcastle
 Brook House, 88-100 Chertsey Road
 Woking, Surrey GU21 5BJ
 United Kingdom

Tel: 00 44 (0) 1483 741430
 Email: info@walkthewalk.org
 web: www.walkthewalk.org

Walking on Sunshine T-shirt Competition

Why not enter our competition and design the front of our 2009 T-shirt for all our under 12's and you could win great prizes for you and your family. Visit our web site www.walkthewalk.org to find out more!



Sarah; T-shirt competition winner for 2008

Walk the Walk are extremely proud and delighted that our Founder and Chief Executive, Nina Barough, was awarded Fundraiser of the Year at the Pride of Britain Awards and Women of the Year's Outstanding Achievement Award.

What you do for us...

Small steps make BIG changes... no matter how small! By aiming to raise a minimum sponsorship of £100.00 you could be helping us to raise over £1/2 million on this one day. Walk the Walk will be granting these funds to where we know it will make the most difference to vital breast cancer causes. We have already made grants for Scalp Cooling equipment to several NHS hospitals throughout the North East, and supported research that benefits us all.

We also ask you for your commitment to get into training and prepare for the BIG day. What an exchange; you get fitter and many, many people cancer will benefit from Walk the Walk funds!

SHEMAGAZINE

Official Media Partner of Walk the Walk Worldwide

What do you do now...

Complete the attached form and send it to Walk the Walk with your entry fee. Please make sure you have filled in all the details on the **grey entry form** and also **one of the coloured forms** depending on the distance you choose. We will send everything you need to join this dynamic challenge, so what are you waiting for... every step you take makes a difference!

Come rain or shine you'll have a fun time!

Supported by:

Newcastle
 City Council

Let's Get Newcastle Walking

Rules and conditions that you agreed to by entering the challenge:

IMPORTANT: This is the entry form for The SunWalk Newcastle 2009. Once this form has been submitted it will not be possible to change challenges or to transfer your place to any other event organised by WTW in Action or in aid of WTW.

IMPORTANT: An adult must accompany any entrant under the age of 18 on the challenge day for the duration of The SunWalk Newcastle. The guardian of the adolescent must enter into The SunWalk Newcastle prior to the child entering. The guardian must enter their name in the spaces provided on the entry form. For schools or groups there must be a minimum ratio of 1 adult to 5 adolescents.

IMPORTANT: In the event that The SunWalk Newcastle cannot take place on 19 July 2009, every attempt will be made to arrange a new date.

IMPORTANT: Refunds will only be made:

- In the event that The SunWalk Newcastle is unavoidably cancelled by the organisers.
- If this Agreement is cancelled by WTW in Action on one of the grounds that you have previously entered into a SunWalk and failed to submit your sponsorship.

IMPORTANT: Once accepted, your place **cannot be transferred to any other person**. If you cannot attend The SunWalk Newcastle, you must inform Walk the Walk in writing as soon as possible. We can not cancel any place unless we receive your written request to do so; **you cannot give your place to any other person** as this is a serious breach of health and safety. Accepted entries can not be deferred to the following year.

IMPORTANT: Please check that you enter the correct information. Once your entry form has been completed and accepted the **only** information you will be able to change is your **address**.

- All participants are responsible for their own medical condition. If in doubt about your ability to finish The SunWalk Newcastle or you have any medical condition, consult your doctor prior to commencing your exercise programme.
- Neither WTW, WTW in Action, the charities benefiting from WTW's grants nor The SunWalk Newcastle sponsors accept any liability for the health of the entrant.
- WTW in Action advises that you have personal insurance that covers you for participating in road walking sporting events.
- Disabled entrants are welcome to take part, although due to the nature of the event we ask you to contact the organisers (telephone +44 (0)1483 741430) prior to filling in this form as some disabilities may not find the event feasible. If a disabled person requires assistance from another person, this person must also enter The SunWalk Newcastle. Only guide dogs are accepted. No other pets or animals are permitted.
- The SunWalk Newcastle is a Power Walking challenge, running is prohibited and any runners will be asked to leave the course without a medal. No other form of propulsion or transport (including but not limited to roller blades and bicycles and Nordic Poles) is allowed.
- On **NO** account is alcohol to be brought into, or consumed prior to or during The SunWalk Newcastle. Smoking is **not** permitted.
- The SunWalk Newcastle is operated by WTW in Action: neither WTW, the sponsors nor any charities benefiting from grants from WTW, have any liability in relation to The SunWalk Newcastle. WTW, WTW in Action and the sponsors of The SunWalk Newcastle, to the extent permitted by law, exclude liability for any loss, damage, injury, consequential loss suffered by any entrant personally or to their property as result of their entry to or participation in The SunWalk Newcastle.
- By taking part in The SunWalk Newcastle you are committing to raising money for WTW only. You are not allowed to give your fundraising to any other charity; this includes, but is not limited to, any fundraising carried out via www.bmycharity.com or www.justgiving.com.
- You are not permitted to use any of the sponsor money that you raise in relation to your entry in The SunWalk Newcastle to pay for your expenses. If you do not pass all of the money that you raise to WTW you may be committing a criminal offence.
- By not sending in any sponsorship raised from taking part in a previous participation in any Walk the Walk challenge it may result in WTW in Action refusing to accept your entry or cancelling this Agreement.

- By applying for a place in The SunWalk Newcastle you are entering into a contract (this Agreement) with Walk the Walk in WTW in Action Limited, a company limited by shares, company number SC201976 whose registered office is at 5 Atholl Crescent, Edinburgh, Midlothian, EH3 8EJ (WTW in WTW in Action).
- WTW owns the intellectual property rights in the name "Walk the Walk" and the names of its events, including but not limited to The MoonWalk and The SunWalk. These rights include both trade marks and copyright within the UK, EU and many other countries. As a result you are not permitted to use any of the rights owned by WTW, including the names of our events, our printed literature or these terms and conditions, for your own fundraising purposes.

Copyright and trademarks - all the information on this entry form and 'The SunWalk' title are under copyright to Walk the Walk Worldwide® and can not be copied for any purposes without written permission from Walk the Walk.

Closing date for entries: 14 June 2009 or earlier if the event is full.

One cheque must be received with each entry form. Entrant's name, address and event must be written on the back of the cheque.

One form per person.

Entries are processed in the order that we receive them.

Entries work on an individual basis, but if you want to walk with friends the best way to make sure you all secure a place is to send your entries in together. Do bear in mind, if an entry is incorrectly filled in, it will be returned and places are not reserved.

Data Protection Act

Walk the Walk Worldwide, Walk the Walk in Action Limited and WalkWear Limited (together "WTW") process your personal data (as defined by the Data Protection Act 1998 (the "Act") for the purposes of your entry into events, keeping you informed about our work, promotions and future events run by WTW and third parties, achieving the charitable objectives and marketing of a charitable organisation and fundraising. This may include WTW using your photograph or film image or a sound recording of you. Your name may also appear in any press listing of those participants taking part in events. WTW may transfer your personal data to HM Revenue and Customs, the charities that it supports through grants and to some supporting organisations, both charitable and commercial. If you would like WTW to stop processing your personal data at any time, you do not want your name to appear in any press listing of participants or you do not want your personal data transferred to a third party, please write to Walk the Walk Worldwide Brook House, 88-100 Chertsey Road, Woking, Surrey, GU21 5BJ. Please note that by requesting this you will not be informed about future events or the activities of WTW. Some of the information that we process will be sensitive personal data (as defined by the Act), by signing this form you give WTW explicit consent to process such data for the purposes outlined above.

If you are entering via a download you may find the following information helpful.

Please be aware:

If you don't put enough stamps on your envelope that contains your entry form, this delays it from getting to us which means that you may miss out on a place! It also means that we get charged a minimum of **£1.06**, for every envelope, without enough stamps and we also have to pay, for the missing postage - which is a real waste of all the money you have raised for us.

So if you send your entries in an A4 envelope, an ordinary 1st (36p) or 2nd (27p) class stamp is **not** enough. **The minimum charge is 52p for 1st and 42p for second.** Some of our teams of walkers also send in many entry forms in one envelope which usually means that the postage is not enough to cover the delivery. It then takes longer to get to us and we have to pay for all the charges!

So if in doubt, go to your local post office and ask for advice from the staff behind the counter. It will mean that we get your entry form quicker and also allow us to grant more of your fundraising to our charities.

Thank you from all of us at Walk the Walk

Answers to your questions:

1. It is **very important that the entry form is signed by the person who is walking.**

2. **Incomplete or unsigned forms will unfortunately, be returned and you may not receive a place in the event**

3. **Can I download more than one application?**

You can download as many applications as you like, however each application must be completed by the person applying - Due to health and safety requirements each person who enters must be responsible for filling out their own form. Each person entering will be required to sign their entry form.

4. **Who should cheques be made payable to?**

All entry fee cheques should be made payable to 'Walk the Walk in Action Ltd.' Please ensure that you put the name and address of the corresponding entrant on the back of the cheque.

5. **Does everyone who sends in an application form get a place?**

Sadly not. All places are given in the order in which applications are received on a first come first served basis.

6. **Can I register on behalf of someone else?**

No. Due to health and safety requirements each person who enters must be responsible for filling out their own form. Each person entering will be required to sign their entry form.

7. **Can I hand deliver my form?**

You can hand deliver your application between the hours of 9am and 5.30pm Mon-Fri, unfortunately the building we are in does not have a letterbox for you to drop your entry through. We will time and date stamp every entry that is received this way we can ensure that all places are given in the strict order of first come first served.

8. **Can I courier my entry to you?**

Yes you can arrange a courier application between the hours of 9am and 5.30pm Mon-Fri, unfortunately the building we are in does not have a letterbox for you to drop your entry through. We will time and date stamp every entry that is received this way we can ensure that all places are given in the strict order of first come first served.

9. **Will sending an entry via Special Delivery guarantee my place?**

Sending applications via Special Delivery will guarantee next day delivery but does not guarantee your place on The SunWalk, all applications are treated on a first come first served basis.

10. **Can I enter as a part of a team?**

All applications are treated as individual entries however many people like to have a team name to fundraise together or as a method of building morale and team bonding. We do not allocate places as per team names, all places are given in the order in which applications are received. If you are entering as a team, it is advisable to put all entry forms in one envelope so that we receive them together and process them together - this way either you will all either be successful with your applications or not, depending on when we receive them. Please include one cheque with each individual entry form.

11. **Can I write a cheque on behalf of someone else?**

Yes, we don't mind who the cheque is from, as long as the entry form has been completed and signed by the applicant.

12. **Can I send one cheque for more than one application?**

We ask that you send one cheque for each application form. Please put the applicants name and address on the back of the cheque.

13. I walked/volunteered before; do I get priority with my application?

No, to be as fair as possible, all places are given as we receive applications on a first come first served basis.

14. How much sponsorship do I need to raise?

We ask that everyone who enters The SunWalk aims to raise a minimum of £100. We know how hard it can be to raise sponsorship, especially if you do lots of charity events! Fundraising is a fantastic way to raise money and awareness and we have had people do all sorts of things from bra decorating competitions, to bra car washes, falling out of planes and speed dating! There are many other fundraising ideas so why not check out our website to get you started or create a unique idea of your own!

15. When will I find out if I have got a place?

We will write to all successful applicants as soon as we possibly can to notify them of places. With the sheer volume of entries we receive, please do bear with us as it does take a little time to process all walkers details along with the details of those who unfortunately were unsuccessful with their walking applications onto our database. We will write to everyone who has applied to take part to let them know whether or not they have secured a place. **We will be unable to confirm any places over the telephone or via e-mail until these letters have been posted.**

16. I got a place but my friend didn't- what can we do?

All places are given in the strict order in which applications are received. If a walking place has been unsuccessful, there are still ways to support the event, Walk the Walk and our walkers. We would love you to join us by becoming one of our treasured volunteers on the day of The SunWalk! We need over 600 volunteers to make the event happen and you could be doing jobs ranging from marshalling on the route, giving out water, serving food or handing out medals as walkers cross that finish line!

17. I am unable to walk; can I give my place to someone else?

Places are allocated to individuals as per the application forms, once you have been accepted your place cannot be transferred to any other person. If you are unable to attend The SunWalk, you must notify us in writing as soon as possible – you cannot give your place to any other person.

18. Is it possible to defer my entry to another event?

No, we are unable to defer any places or transfer your place to any other event organised by Walk the Walk .

19. Can I change any details on my application form?

No, we are unable to accept any changes to your entry other than your address if you move. Please do notify us of any change of address in writing to info@walkthewalk.org

20. Can the entry form be photocopied?

We will accept photocopied forms as long as we can read the details on the form, the form is completed and signed by the entrant and each form is accompanied by a cheque made payable to 'Walk the Walk in Action Ltd'