

Louise Smalley Walk Entry Form

Name:

Address

Email address:

Please tick the box if you consent to LSW administrative team keeping your email for the purpose of contacting you about future walks

Age on walk day (please tick)

15-19

20-29

30-39

40-49

50-59

60-69

70 &over

The mobile no. you will be using on the day should we need to contact you in an emergency or to confirm your whereabouts

Name of your next of kin or person we should contact in case of an emergency on the day & their contact number

Briefly list any medical conditions you have that a first aider should know about in the case of an emergency

How did you hear about the Louise Smalley walk? Please tick

Completed a LSW in the past

LSW Facebook page

LSW webpage

Other

Please state

Terms & Conditions of Entry

Participants undertake this walk on a voluntary basis. The level of this walk is tough. It is the responsibility of participants to ensure that they are fit and able to take part in this walk. You should always seek advice from your GP before taking up a strenuous physical pursuit such as this.

The organisers of this walk do not accept responsibility for injury, loss or damage sustained by a participant or their belongings.

I accept that I undertake this walk entirely at my own risk and that it is my responsibility to ensure that I am fit & able to participate in this 40 mile challenge walk.

Signature

Date

Entry Forms and fee must be received no later than 31st May 2019.

Please note walker numbers are restricted to 150 participants and are issued on a first come first served basis. Once 150 applications have been received, further applications will be held on a waiting list and contacted if a walking space becomes available.

Post forms and entry fee of £5.00 to Joe Mason, 1 New Street, Whitwell, Worksop, S80 4QN

Cheques to be made payable to Louise Smalley Walk.

Privacy Statement: We gather personal data for the sole purpose of this event. Information is stored confidentially & is only shared with LSW support, first aid & administrative staff on a need to know basis. Information is not kept longer than required for the event and is then shredded.

FAQ

Date of the walk

The 2019 walk is Saturday 22 June 2019.

Which route?

Monsal Head. Maps & route description will be on the website from the end of February 2019.

Start time?

Register at the Royal Oak Pub, 71 Bakestone Moor, Whitwell, Worksop, S80 4QB between 02:00 & 02:45. The bus will leave the pub at 3:00am and the walk will commence at 04.00.

Is there a minimum age to participate?

You must be at least 15 on the day of the walk to participate.

Is there a minimum sponsorship requirement?

You will be sent a sponsor form on receipt of your entry form. The minimum sponsorship requirement is £40.

How fit do I need to be?

This walk is demanding. A fit & strong walker may be walking for between 10-12 hours, for others it may take longer & some walkers may be walking for up to 16 hours or more. The walk must be completed within 20 hours.

We recommend you train before hand & if possible practice walking sections of the route. Training walks are posted on the Louise Smalley Facebook page. You are welcome to post your training dates if you'd like others to join you.

What will I need to carry on the day?

Carry a back or waist/hip pack as small as possible. There are 8 checkpoints along the route with plenty of hot & cold drinks, sandwiches, crisps, cakes & snacks. A hot bacon or sausage sandwich is available at the first 2 checkpoints. You can pick up or top up your water bottle at each. We have an experienced support team who will make sure you are fed & cheered on throughout the day.

Please carry any medication that you may require- under no circumstances will the support crews supply medication of any kind including Ibuprofen, Aspirin or Paracetamol

How will I know the route?

Maps & route descriptions are available to download from www.louisesmalleywalk.com from about the end of February. A copy of the route will be provided at registration on the day. You are encouraged to walk sections of the route during your practice walks. Getting lost on a 40 mile walk can be very disheartening.

What happens if it's raining?

We still walk, watch the weather & pack rainwear accordingly. Pack sun cream if it's going to be sunny.

Do we get a certificate?

You will receive a certificate on the day. We hold a presentation night in November to present the monies raised to the nominated charity. You will receive a badge at this event which is usually held at Whitwell Community Centre.

The day after- Don't forget to join us on the Sunday from 1pm at the Royal Oak to your share walk stories & compare blisters!

For more information or any further questions about the walk please visit www.louisesmalleywalk.com, the Louise Smalley Facebook page or contact Joe Mason on 07731 896370 / 01909 722909