

GODFREY’S BIONIC WALK

(“THE WALK”)

Sunday 12 September 2010, 2 pm
Woking Athletic Track, Blackmore Crescent, Sheerwater GU21 5NS

Guidance for Walkers

The Venue

Woking Athletic Club have generously made their track available to us for the walk. The track is off Blackmore Crescent in Sheerwater, and is reached via the Recreation Ground. There is a sign to it at the junction of Albert Road with Devonshire Avenue. Once on Devonshire Avenue, turn left into Blackmore Crescent, and turn right into the Recreation Ground car park.

The grounds of the track will be open to walkers and spectators from 1.00 pm to 5.00pm.

For spectators, there is a small covered stand, and there are also low grass banks with a good view of the track.

Walkers will be able to use a changing room (male and female are separate), which contains a shower. **THERE ARE NO LOCKERS AND YOU ARE ADVISED TO KEEP VALUABLES WITH YOU AT ALL TIMES.**

Please also remember to leave vehicles secure, and not to leave valuables in them. There is no supervision of the car parking.

The Walk

The Walk will start at 2pm, and will end at 4pm latest. Between these times, walkers can do as many laps of the track as they choose. There is no need to start promptly at 2pm, or to go on until 4pm.

The Walk is not intended to be competitive. It is meant to demonstrate the success of the bionic bits, not to damage them or their owners. For this reason, you are asked to be considerate of other walkers, and not to put competitive pressure on them.

If for any reason it became necessary to cancel or postpone the Walk, a notice would be posted on www.fwch.org.uk , and we would also try to contact you .

Food and drink

There will be refreshments to purchase in the Club Room. These will include tea and coffee, sandwiches and cakes, and some soft drinks. (Any profits to go to FWCH).

For walkers (only), there will be cups of water at the trackside.

Toilets

There are public toilets just outside the grounds.

Shoes

Up to you, but in the unlikely event that you want to wear spiked shoes, the length of spikes must not exceed 6mm.

First Aid

There will be limited First Aid at the track, but you cannot rely on there being anyone competent in your particular bionic bits.

Entry

Entrants must complete the entry form (available from www.fwch.org.uk) and send it by 23 August to FWCH c/o 52 Petersham Avenue, Byfleet, Surrey KT14 7HY

By completing and submitting an Entry form, the Entrant

- accepts that he/she has considered the risks involved in participating in the Walk, and believe that he/she is healthy and fit to walk; and
- undertakes to seek medical advice as appropriate, and will not participate contrary to medical advice; and
- understands and accepts that he/she participate entirely at his/her own risk, and that the Organisers will NOT provide ANY insurance of ANY kind for the Entrants; and
- accepts that The Walk is not a competitive event, and that he/she must not put competitive pressure on other Entrants; and
- accepts that he/she must adhere at all times to the rules and regulations of the Woking Athletic Track while there for the Walk

Save in circumstances where any personal injury or death is caused by their negligence, neither the Organisers nor Woking Athletic Club accept any liability of any kind arising out of the Entrant's participation The Walk or in relation to any services provided pursuant to such participation.

There is no entry fee.

No entrant may be under 18 years of age.

Sponsorship

Entrants are asked to raise funds from sponsors, in aid of FWCH .

Sponsorship forms are available at www.fwch.org.uk . Please obtain sponsorship commitments before the Walk, and bring the completed forms (NOT the money) to the Walk.

We will write your number of laps onto your Forms, sign them and return them to you when you have completed your Walk.

When you have collected the money from your sponsors, please send a cheque, made out to FWCH for the amount raised, along with the forms completed to show the amounts finally paid, the dates of payment and the Gift Aid declaration ticks to FWCH c/o White Lodge, Pond Road, Woking GU22 0JT.

Gift Aid

If your sponsors are able to make their donations as Gift Aid, it increases their value by 28%. So we ask that you ensure that they complete the necessary details fully on your Sponsorship Forms - For their names, at least the surname and first initial; for their HOME addresses (business addresses will not suffice) at least house number or name, and full postcode; the date of payment; and a tick in the "Gift Aid?" column on the form.

Have a great day! And good luck with the sponsorship!