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STRIDING THE SANDSTONE

Organised by
Crewe & Nantwich Cancer Research UK Committee

On the morning of Sunday 8th March 2015

from the Candle Workshops, Barracks Lane, Burwardsley CH3 9PF

Choice of 3, 5, 10 or 15 mile circular routes on good tracks
Children must be accompanied by an adult
Dogs welcome but must be on a lead
Terrain not suitable for wheelchairs or prams

Entry Fee £5

Entries to: Dave Rowlands, 8 Plant Lane, Moston, Sandbach, Cheshire, CW11 3PG.
If sending a cheque, please make payable to Cancer Research UK.

Enquiries: email register@stridingthesandstone.co.uk, call (01270) 768434
or visit www.stridingthesandstone.co.uk

ENTRY FORMS AND FEES MUST BE RECEIVED BEFORE THE EVENT. NO ENTRIES WILL BE TAKEN ON THE DAY.

STRIDING THE SANDSTONE ENTRY FORM 2015 – BLOCK CAPITALS PLEASE

I would like to participate in the following route (please tick box):

3 miles 5 miles 10 miles 15 miles

SURNAME: _____ FIRST NAME _____

ADDRESS: _____

_____ POSTCODE _____

TELEPHONE NUMBER: _____ MOBILE: _____

EMAIL (please write clearly): _____

I confirm that I wish to enter the Striding the Sandstone 2015 event. I understand that I do so at my own risk and that neither the Crewe and Nantwich Cancer Research UK Committee nor Cancer Research UK will be liable for any injury, damage or loss that may occur as a result of my participation other than in respect of death or personal injury arising as a result of their negligence. I agree to abide by the event rules. I understand that medical advice should be sought from a General Practitioner if I am in doubt as to my physical ability to participate in the event. I consent that photographs taken during the Striding the Sandstone 2015 event may be used to publicise events and Cancer Research UK in all media.

Signed _____ Name _____ Date _____

Parental/Legal Guardian Declaration (for participants under 18 years of age):

Signed _____ Name _____ Date _____

STRIDING THE SANDSTONE

Thank you for registering to take part in Striding the Sandstone on Sunday 8th March 2015 to raise vital funds for Cancer Research UK's lifesaving work.

Getting there

Please arrive at the Candle Workshops, Barracks Lane, Burwardsley CH3 9PF at least 15 minutes before you wish to walk and register with Cancer Research UK Volunteers.

All the routes start and finish at the Candle Workshops. You may choose your start time for the 3, 5 and 10 mile routes any time between 10am and 11am. All 15 mile walkers must start at 10am. Please bear in mind that all walkers must complete their walk by 4pm.

The Candle Workshops have kindly provided free parking and use of their toilet and restaurant facilities. Please avoid going inside in muddy shoes or boots, and it would also help if you can car share where possible.

The course

You can choose to walk or run the route of your choice, with 3, 5, 10 and 15 mile courses available. The routes are hilly, but all are on good tracks. If we have good weather, all courses will have some excellent views. Please be considerate to walkers on the Sandstone Trail who are not taking part in the event. First Aid support will be provided by St. John Ambulance.

Before you start you will be given a map of your course and a route description. In addition, there will be direction arrows at critical junctions. There will be a back marker for each route, and it will be left up to you to decide if you want to walk in groups or to be totally independent. Under 16s must be accompanied by an adult.

Dogs

Dogs are welcome to walk the course with you, but they must be on a lead. Also, they are not allowed inside the Candle Workshops. There is a patio area outside the restaurant, and of course, you are very welcome to use this.

You can help us to beat cancer sooner

Help us to bring forward the day when all cancers are cured by asking your friends, family and colleagues to support you with your challenge by sponsoring you. One of the easiest ways to do this is online by setting up a Just Giving page. If you are doing so, please click onto this link <http://www.justgiving.com/fundraising-page/creation/?cid=2357&eid=1863032> which will take you directly to our page. Alternatively, if you'd prefer to use a sponsorship form, please let us know and we will send you a copy.

Following the event, please send your sponsorship form and donations to Dave Rowlands, 8 Plant Lane, Moston, Sandbach, Cheshire, CW11 3PG. If sending cheques, please make them payable to Cancer Research UK. We will be accepting sponsorship money on the day also.

Let's beat cancer sooner

Cancer Research UK funds the life-saving work of more than 4,000 scientists, doctors and nurses throughout the UK and support over 200 clinical trials, testing vital new drugs and treatments for cancer. Our work on the causes and prevention of cancer has saved millions of lives across the world. Over the next decade we aim to save many more, creating more tomorrows for people with cancer. We spend over £19 million each year here in the North West alone and receive no government funding, so without people like you we would be unable to continue our vital work. One day we will cure all cancers. Thank you for helping us to make this sooner.

Good luck with your fundraising and we look forward to welcoming you on event day!

David Rowlands

On behalf of Crewe and Nantwich Cancer Research UK Committee

Tel: 07990 516533

Email: register@stridingthesandstone.co.uk

Web: www.stridingthesandstone.co.uk

SAFETY FIRST

07990 516 533
Organiser

Emergency
Mobile 112

01829 770401
Candle Workshops

You must NOT set off without having registered with the organisers at the Candle Workshops Car Park.

You MUST REPORT BACK to the organisers when you have completed the walk, or if you have dropped out for any reason. If you don't, we would have to go looking for you unnecessarily.

What to bring with you:-

Appropriate Footwear such as walking boots or good trainers.
Waterproofs and warm clothing
Hat & Gloves
Mobile phone
Food and drink, appropriate for the distance that you are covering.

N.B. A small water station will be available on the 10 & 15 mile routes near Bickerton Church.

If you have a minor injury such as a twisted knee or ankle and it results in you not being able to walk very far, ring either of the above numbers. State clearly what the problem is and where you are on the course. You will be given first aid advice and guidance.

If you have a serious injury, get someone to ring one of the above numbers to ask for first aid assistance.

If you have children with you, and your route goes over Rawhead, that's the 5, 10 & 15 mile routes, please keep them close to you in this section as there are some very steep drops in places. Please be careful when overtaking in this section too.

Dogs must be kept on a lead.