

St Peter & St James, Lewes

Martlets, Brighton & Hove

St Barnabas House, Worthing

St Wilfrid's, Chichester

Please complete one form per person

Title: Mr / Mrs / Miss / Other _____

First Name: _____

Surname: _____

Male / Female

Date of Birth: _____

Address: _____

Post code: _____

Daytime Phone: _____

Mobile Phone: _____

Email: _____

If you are walking as part of a team, please enter the Team Name here.

I enclose: £10 registration fee (non refundable)

I am under 16 and go free

£3 bus fare Saturday

£3 bus Fare Sunday

(Cheques payable to Hike4Hospices)

I have read and agree to the conditions

SIGNED: _____

DATE: _____

MAIN ROUTE		TICK
Saturday 21st August		
Lewes to Pyecombe (9 miles) Start times: 08:00 to 10:30		
Pyecombe to St Botolphs (8 miles) Start times: 11:00 to 13:00		
Sunday 22nd August		
St Botolphs to Amberley (14 miles) Start times: 08:00 to 10:00		
Amberley to Goodwood (12 miles) Start times: 11:00 to 13:00		
SHORTER ALTERNATIVES		
Saturday 21st August		
The Fun Leg * Devil's Dyke to St Botolphs (5 miles) Start times: 11:30 to 13:30		
Sunday 22nd August		
Earham Wood to Goodwood (5 miles) Start times: 13:00 to 15:00		

Saturday 17 miles Sunday 26 miles

* See website for details of the Fun Leg

If you would like to take the H4H bus back to your starting point please tick one or both of the boxes below. Each bus journey is charged at £3.00 per person.

Saturday

Sunday

Please return completed form with your cheque to

Hike4Hospices
 9 Ryecroft Lane Storrington
 Pulborough
 RH20 4PA

Hike4Hospices Reg Charity No 1134588
Hike4Hospices is a Registered Trade Mark

Conditions:

I understand that this is a fundraising event organised for the benefit of the four Hospices named above. I agree that I will endeavour to raise as much sponsorship money as possible and that I will pay the sponsorship money or make a donation to the Hike4Hospices office by THURSDAY, 30TH SEPTEMBER 2010. I agree to pay a registration fee of £10.00, which I enclose herewith together with payment of £3.00 per bus journey. I understand that if the event is cancelled due to unforeseen events, this fee is not refundable. Please make cheques payable to Hike4Hospices

The organisers expect all entrants to take care when walking and to observe the country code, especially with regard to the control of dogs and dropping of litter. Please respect the Highway Code when on the roads, walk in single file and face oncoming traffic. Walking these distances is a strenuous activity. All participants should be in a reasonable state of health. As the walk crosses countryside, it is not suitable for wheelchairs or pushchairs. The organisers cannot be held responsible for loss or damage to personal effects, personal accident, injury or any Public Liability.

We will not pass your details on to any other organisation.

We will contact you if we need to about any aspect relating to the 2010 walk.

We would also like to contact you about future Hike4Hospices events. If you would prefer not to receive this information, please tick here.

How did you hear about Hike4Hospices?

Poster / radio / press / word of mouth /

Rotary activity / other _____

(Please circle all that apply)