



in association with
Spectrum Striders



4th Annual

Walk For Water

8.5 mile or
Half Marathon
Walk or Fun Run

Sunday 28th February
2010

11am from

The Daten, Culcheth

WaterAid Registered Charity 288701

Entry Form for Walk for Water

Name
Address

.....
.....

Phone

Are you walking with anyone else?

Name(s)
.....

In the unlikely event of an emergency, please
give details of someone we can contact on
your behalf :

Name
Phone

Walk Fun Run

8.5 miles Half Marathon

Estimated finishing time hours

I accept that I am fit to participate in this event and
take part at my own risk and that the organisers
shall not be liable for any accident, injury or loss as
a consequence of my participation.



Signed
Date



Desperately Seeking Marshals

We can only run this event with the kind
support of volunteers. If you would like to
help on the day by marshalling or helping with
registration, please call Sue Fairclough on
01925 763880 or provide your details below:

Name(s)

Phone

Your support will be gratefully received.

Walking Tips

Wear supportive footwear with a cushioned sole. For
pavement walking, trainers are best.

Wear layers of comfortable clothes so that you can
add or remove them as you warm up or cool down.
Light colours are better so you can be seen.

Carry water with you and sip regularly. Try having a
snack every hour or so, such as dried fruit. A bum
bag is useful to carry refreshments. Carry a mobile
phone if possible and walk with a friend if you are
worried about safety at night.

Entry Fee

The entry fee for the walk is £10. This will cover the
cost of running the event but the majority will go di-
rectly to WaterAid. Nearer the time you will receive fur-
ther information and a sponsor / donation form.

Please make cheques payable to "Walk for Water"
and return with this form to:

Sue Fairclough
6 Doeford Close
Culcheth
WA3 4DL

Tel: 01925 763880

Event information can also be found at
www.angeldf2s.com/walkforwater