



15K RAMBLE SAT. 19 MAY 2018

Information Sheet

1. WALK DETAILS

Walk Location: Circular walk starting and finishing at Heritage Park.

Date of Walk: Saturday 19th May 2018.

Meeting Point: Main gates Heritage Park

Parking: Heritage Park car park.

Start Time: 12:00pm (please arrive on time)

Distance: 15 kilometres (9.4miles) approximately

Terrain: There is walking on rough field paths and tracks, minor roads and crossing of two Class A roads. There is one stretch of narrow single track bordered by brambles and hawthorn bushes, care should be taken when walking this section. Mainly a fairly flat walk with the exception of a short steep climb between Hilton and Bolam.

Refreshments: The club is providing bottled water at the start and approximately halfway mark where there will also be fruit and energy bars. At the end of the walk there will be a meal for all participants of pie, peas and chips to enjoy while watching the FA Cup Final on the large screen.

2. SUGGESTED KIT FOR THE WALK (this very much depends on the weather and ground conditions)

- Day rucksack
- Waterproofs
- Extra Layers of clothes
- Hat

- Gloves
- Sun Cream
- Sun Glasses
- Extra food snacks
- Flask (if you prefer something warm like coffee, tea etc)
- 3 season waterproof boots or waterproof walking shoes

3. REGISTRATION

Please complete the enclosed registration form, attach your cheque payment of £5 (payable to Bishop Auckland FC Supporters Club) and place both in the stamped addressed envelope provided.

4. SPONSORSHIP

Charity

The Club has adopted Butterwick Hospice (Bishop Auckland) as the charity to jointly benefit from monies raised.

Forms

In your pack there is a supply of sponsorship forms, complete the details requested for each sponsor and once monies received, forward the forms, plus a cheque equal to the total sum raised, in the enclosed stamped addressed envelope.

Employer Matching

If you are willing to do this, ask each person sponsoring your walk if they would be prepared to ask their employer to match their donation.

5. CONDITIONS

- All participants during the walk must follow the Walk Leads and Marshals instructions especially when crossing main roads. Walk Leads and Marshals will be wearing high vis jackets on the day.
- All persons under 17 years of age must be accompanied by an adult.
- Follow the **Countryside Code** - leave gates and property as you find them, protect plants and animals, take your litter home and be considerate to other people.
- Follow the **Highway Code** - when walking on minor roads keep close to the right-hand side of the road and in single file when vehicles are approaching. Be especially careful at bends in the road.

6. FINISH LINE

On successfully completing the walk a commemorative T-shirt, goody bag and certificate of achievement will be presented to you – well done!

FINALLY THE SUPPORTERS CLUB WISHES TO EXTEND THANKS TO YOU FOR APPLYING TO PARTICIPATE IN THE 15K RAMBLE 2018 AND HOPES YOU WILL FULLY ENJOY THE DAY'S ACTIVITIES.

If there is anything further you wish to know feel free to forward an email to:-

supporters@bishopafc.com

[or alternatively contact John Rowell on Tel: 01388 600069](tel:01388600069)



REGISTRATION FORM

15k RAMBLE 2018

Return the completed form plus £5 payment to Heritage Park in the S.A.E.

Title: _____ First Name: _____

Last Name: _____

Home Address: _____

_____ Post Code: _____

Date of Birth ____ / ____ / _____

Home Tel. No: _____

Mobile No: _____

Email: _____

For safety reasons, please provide a number for contacting you at the event: (if not mobile above)

Next of Kin Name: _____

Next of Kin Contact No: _____

Are there any medical conditions you may have that the Club needs to know about prior to the event? Please state below:

What size do you take in T-shirt (please tick):-

XXSmall: To fit chest 32-34"(81-86cm)

XSmall: To fit chest 34-36"(86-91cm)

Small: To fit chest 36-38"(96-96cm)

Medium: To fit chest 38-40"(96-102cm)

Large: To fit chest 40-42"(102-107cm)

XL: To fit chest 42-44"(107-112cm)

XXL To fit chest 44-46"(112-117cm)

Approximately your speed when walking the route (please tick):-

Fast: (7 -8 kilometres per hour)

Medium: (4 -5 Kilometres per hour)

Leisurely (3 kilometres per hour)

What is your fundraising goal £_____

Disclaimer: By ticking the box you agree to the following statement: 'I have read and I accept all the conditions of registration to the 15k ramble and acknowledge that the organiser shall not be liable for death, personal injury or loss or damage as a consequence of my participation in the Supporters Club 15k ramble, except with regard to personal injury which is caused by the organiser's negligence.'

I agree

Signature: _____

Date: _____

15k Ramble 2018,
Heritage Park,
Stadium Way,
Bishop Auckland,
DL14 9AE

Cheque to be made payable to:
Bishop Auckland FC Supporters Club

