

The Matthew Project Charity Walk

Saturday 25th Sept 2010

Sheringham Park



Enjoy a great time!

- ◆ 3, 5 or 10k routes
- ◆ Flexible start times
- ◆ Family & dog friendly
- ◆ Children's activities
- ◆ Free Parking

Registration

£5 per person, £15 family rate
(under 5's Free)

Payment on the day by
cash or cheque only

Look forward to
seeing you there!



Making a difference in Norfolk to
individuals, families and communities
affected by drugs and alcohol

Registered Charity No.1122801 Registered Office 24 Pottergate Norwich NR2 1DX www.matthewproject.org

Information

- ◆ Sheringham Park on the North Norfolk Coast is a great place to enjoy a family day out and has a visitor's centre and a café. Visitors can eat their own picnics in the café courtyard and other areas. The park is located 2 miles south west of Sheringham, 5 miles west of Cromer, 6 miles east of Holt. Main entrance at junction A148/B1157. Address: Sheringham Park Visitor Centre, Wood Farm, Upper Sheringham, Norfolk NR26 8TL.
- ◆ Free parking to those walking. Please **do not park** in the main car park as you will have to pay a parking fee. There will be a designated parking area clearly signposted when you arrive. Please take care on arrival and departure and control dogs and children when exiting parked cars.
- ◆ Dogs - Please keep dogs under close control, clean up after them using the bins provided and keep them on leads near livestock and visitor facilities.
- ◆ Start time from 10am all walks to be completed by 4pm. We recommend for the longer route you have started by 12 noon. There will be a gazebo in the parking area which is the start point for all the routes. You will need to **sign in when you arrive** and **sign out at the end** so we know you have completed the walk safely.

The routes:

- ◆ 3k is on a tree lined hard standing surface leading into parkland and is suitable for buggies (approximately 1 hour to complete)
- ◆ 5k is through a valley path to deep woodland to Weybourne heath and back through parkland (approximately 2 hours to complete)
- ◆ 10k is a double loop of the 5k walk (approximately 4 hours to complete)

The routes have short steep sloping sections and are moderate in grading. Some areas will have rough surfaces and tree roots that may be slippery when wet. Suitable footwear with good grip is advised. Bring sun cream and hats if hot and some warm water proof clothing. Please choose a route suitable for your level of fitness and experience.

- ◆ There will be first aiders on the day. You are required on the registration form to state that you consider yourself fit to take part.



 walk@matthewproject.org



01603 626123



www.matthewproject.org/walk

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Registration

Please complete **both sides** of this form using **BLOCK CAPITALS**.

Registration fee: £5 per individual, £15 per family (2 adults and up to 3 children), under 5 years free. The registration fee is non-refundable.

A limited number of 'The Matthew Project' T-shirts can be purchased for £5 each on the day, sizes small to extra large.

Please complete this form and bring it with you on the day with your payment, cash or cheque only (Please make cheques payable to 'The Matthew Project').

Complete names and ages of yourself and any family members accompanying you on the walk. Please tick the distance each person will be walking. Please note under 18's must be accompanied by a parent or guardian.

Full Name	Age	Walk (Please tick)		
		3k	5k	10k

Complete further details about the main person registering. **Please complete all sections.**

Registrant's Surname:	
Registrant's First Name:	
Address:	
Email:	
Home Tel No:	Mobile No:
Emergency Contact Person:	
Emergency Contact Tel No:	

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Registration

You are responsible for ensuring that you are fit to take part and If you have any pre-existing medical conditions we suggest that you discuss the suitability of your participation in this walk with your GP before taking part on Saturday 25th September 2010. Please remember to bring any prescription medications with you and inform us of any medical conditions or allergies which may be relevant.

We cannot be held responsible for any injuries which take place during the sponsored walk. You are advised to consider taking out your own personal medical and possessions cover.

You are advised to dress for the weather and terrain you are likely to meet. There are some rough surfaces and tree roots and the ground may be muddy or slippery in places. Suitable footwear with good grip (and no open toe shoes), warm waterproof clothing and hats and sun cream for hot weather are advised.

I have read through The Matthew Project Walk information and wish to participate in The Matthew Project Charity Walk on Saturday 25th September and understand that I/we am/are responsible for ensuring that I/we am/are fit for the event and am/are wearing appropriate footwear and clothing.

Signed

Date

Print Name

Thank you for your support!

Data Protection: We would like to keep you up to date with The Matthew Project's progress and fundraising news. If you prefer not to receive our mailings and newsletters, please tick this box