

Support Crew 1

Title: Mr Mrs Miss Ms Other
 First Name:
 Surname:
 Address:

 Post Code:
 Telephone:
 Mobile:
 Email:
 Signature: Date

Support Crew 2

Title: Mr Mrs Miss Ms Other
 First Name:
 Surname:
 Address:

 Post Code:
 Telephone:
 Mobile:
 Email:
 Signature: Date

Further Information

Where did you hear about the event?.....

 Why are you taking part?.....

 Company Name (if applicable).....

For this team entry we have all have completed the necessary parts of the registration form and have read and agree to the terms and conditions.

Your details will be held on the Sue Ryder's internal database. Your details will not be passed on to any other organisations other than its Event Partner. If you do not wish to be updated about Sue Ryder news, please tick this box

Please make cheques payable to Sue Ryder. Please return this form and entrance fee to:
Ribble Way Challenge,
Sue Ryder – Cuerden Hall,
Shady Lane,
Preston, PR5 6AZ

Email: northwestfundraising@sueryder.org.
 Full event details will be sent to all entrants.



Registration Every team must be registered to take part either by online, telephone or post. Teams must consist of a minimum of two and a maximum of seven walkers and one support crew. We also need participants' full details including contact numbers in case of emergency. All walkers must be aged 18 or over.

Refunds The entry fee for the Ribble Way Challenge is non-refundable and non-transferable. Due to unexpected health and safety reasons on the day, the Ribble Way Challenge may have to be reduced or altered to accommodate unexpected complications beyond control of Sue Ryder (for example flooding).

Safety Whilst Sue Ryder will use reasonable endeavours to make the event safe for team members, all entrants and support crew must protect themselves by wearing suitable clothing and footwear. High visibility apparel is recommended for front and rear walks on road sections. All walkers must follow the rules of the Highway Code and Country Code as they apply to pedestrians as well as the instructions of the event organisers and marshals on the route. No dogs are permitted to accompany walkers at this event due to health and safety reasons.

Risks Sue Ryder has a comprehensive risks assessment process for each event which aims to minimise or eliminate the risk to everyone taking part. However, by taking part in this event you acknowledge that there may be conditions or circumstances beyond our control that can lead to unforeseen risks.

Health and Fitness The Ribble Way Challenge has been designed as a medium to high risk event for the averagely-fit person experienced in long distance walking. All walkers should satisfy themselves that they are in good health and physically able to participate. If in doubt, participants must consult their GP or hospital doctor prior event.

Liability The Ribble Way Challenge is operated by Sue Ryder, and all participants take part at their own risk. Neither Sue Ryder, partners nor its sponsors accept any responsibility for any loss, injury or damage suffered by any participants personally or to their property as a result from taking part in the Ribble Way Challenge. Personal accident and public liability insurance is advised to cover any loss, damage or injury you may sustain to yourself or to your personal property or cause third party or their property.

Medical Conditions If you have any medical conditions please contact us before completing this form. If you have any concerning medical conditions please refer to your GP for a health check.

Sponsorship The Ribble Way Challenge 2012 is an exclusive Sue Ryder fundraising event. All walkers must pledge to raise sponsorship for Sue Ryder and partners. Sponsorship monies may not be given or shared with any other organisation. Walkers are advised that they have a legal responsibility to ensure that all sponsorship monies received for the Ribble Way Challenge are paid to Sue Ryder within reasonable time of the event finishing.

Data Protection Please be aware that by registering you authorise Sue Ryder to process your personal and sensitive data in accordance with Data Protection Act 1998 for the purposes of this event. Sue Ryder will endeavour not to use any photographs, images or likeness of children 16 or under.

Publicity By participating, walkers maybe asked to take part in pre and post walk publicity which may include interviews, photography and by filming for Sue Ryder internal communications, local and/or international media.

Sue Ryder

Ribble Way Challenge

16 – 17 June 2012

Could you walk across two counties, navigating through multi terrain against the clock?

Join us for an exhilarating walk through stunning countryside and experience an event with a difference. Step up to the challenge of walking 50k in under 15 hours or 100k in less than 30 hours.

For an info pack, text the word 'RIBBLE' with your name and address to 07788181300



Start line
 Ribblehead Viaduct, Settle.
50k Finish line
 Edisford Bridge, Clitheroe.
100k Finish line
 The Dolphin Inn, Longton, Preston.

Entry is £25 per walker and support crew go free.

Living through life's challenges

Sue Ryder is a charity registered in England and Wales (1052076) and in Scotland (SC039578). 00807/1211/L/NP/F © Sue Ryder. December 2011.





The Ribble Way Challenge takes place on 16–17 June 2012.

Come and join other walkers on a challenge you will never forget. This event guarantees a life story worth sharing.

All walkers will set off on Saturday 16th June from the start line at the Ribblehead Viaduct, Settle, North Yorkshire.

50k Route

All walkers will take the same route along much of the River Ribble and retire at Edisford Bridge, Clitheore in under 15 hours. This route is undertaken during the daylight hours and covers just over 30 miles of different terrain.

100k Route

Following on from the 50K point at Edisford Bridge the 100K route descends into the darkness making navigation much more of a challenge. Walking into the early hours of Sunday 17th June finishing at The Dolphin Inn, Longton, Preston, Lancashire completing a testing 62 miles in total.

Each team of walkers will require a support team who will provide your food, water, change of clothes, drive your support vehicle and meet you at dedicated checkpoints. Your support crew will be vital to your success and comfort along the way.

Event partners Bowland Pennine Mountain Rescue Team will be providing specialist support to ensure walkers are fully briefed and supported from start to finish. The designated checkpoints along the route provide a resting point for you to change clothes and refresh yourself ready for the next section. Each checkpoint also provides advice, support and safety check throughout the event. Mountain Rescuers will be sweeping through the checkpoints offering an expert safety support.

This challenge requires you and your team to be fully prepared as it is a test of your physicality, mentality and stamina to complete the event. Preparation for this event requires a training plan and walking sections of the Ribble Way to ensure successful completion of the walk.

On signing up to the event you will receive an Event Guide including training tips, map of the route and details on training walks. You will also receive a Fundraising Information Book which will help kick start your fundraising. This will include a sponsor form, tips on online fundraising and a sweepstake pullout.

Entry is £25 per walker and support crew go free. Your entry fee contributes to the cost of providing first aid, safety, administration and specialist support throughout this professionally led event.

For more information and how to register

visit: www.sueryder.org/ribbleway

call: 01772 698 145

email: northwestfundraising@sueryder.org

The success of this event relies on participants raising sponsorship, so we're asking every walker to raise around £250 as a part of their commitment to this event. Participants can raise funds through various fundraising activities and a dedicated fundraiser will support you.

£250 provides a nurse for 30 hours in one of our hospices or neurological care centres. This means every walker who takes on the Ribble Way Challenge will be raising enough to provide a nurse during those hours.



Team registration form

Team name:

Route Distance: 50k 100k

Team Leader

Title: Mr Mrs Miss Ms Other

First Name:

Surname:

Address:

.....Post Code:

Telephone:

Mobile:

Email:

Date of Birth

Emergency Contact Name:

Telephone:

T-shirt size: S M L XL XXL

Signature..... Date

Team Member 3

Title: Mr Mrs Miss Ms Other

First Name:

Surname:

Address:

.....Post Code:

Telephone:

Mobile:

Email:

Date of Birth

Emergency Contact Name:

Telephone:

T-shirt size: S M L XL XXL

Signature..... Date

Team Member 2

Title: Mr Mrs Miss Ms Other

First Name:

Surname:

Address:

.....Post Code:

Telephone:

Mobile:

Email:

Date of Birth

Emergency Contact Name:

Telephone:

T-shirt size: S M L XL XXL

Signature..... Date

Team Member 4

Title: Mr Mrs Miss Ms Other

First Name:

Surname:

Address:

.....Post Code:

Telephone:

Mobile:

Email:

Date of Birth

Emergency Contact Name:

Telephone:

T-shirt size: S M L XL XXL

Signature..... Date

