

All COMPLETED registration forms
need to be completed and sent
into us by the 1st August

VALLEY TO COAST EVENT REGISTRATION FORM

Title: Mr Mrs Miss Ms (Other) _____

First Name _____

Last Name _____

Address _____

Date of Birth _____

Phone Number _____

Next of Kin _____

Relationship to next of kin _____

Contact number for next of kin _____

Email address: _____

T-SHIRT SIZE: *Small* *Medium* *Large* *XL*
(Please circle required size)

Free Transport required (tick if required)

DECLARATION - (COMPULSORY)

To my knowledge I am a fit and healthy person and have no medical conditions which could hinder my walk. I accept that Cost of Cancer are not responsible for my health.

GENERAL INFORMATION FOR THE VALLEY TO COAST WALK

WALK FACTS

- ♥ Approx 6-7 hours of walking and a distance of 30km (18 miles)
- ♥ Our 2nd charity walk to raise funds for Cost of Cancer
- ♥ Scenic part off road route starting at the carpark at the back of the Londis in Commercial St, Nantymoel, CF32 7RA
- ♥ The walk is open to all ages although under 16's must be accompanied by an adult
- ♥ Designated refreshment stop

Questions and Answers

Is there a recovery van?

Yes, however not all the route is accessible to vehicles but there is a recovery van to pick up anyone who is injured or unable to complete the walk.

How much does it cost to enter?

The entry fee is £20

What's included in your registration fee?

T-shirt
Wristband
Sponsor form
Medal
Water

How much do you have to raise?

Minimum sponsorship is £50, but we encourage you to raise as much as you can.

How do you get from Porthcawl Rugby Club to Nantymoel?

The first 40 people who tick to choose the free transport option upon registration will have transport provided which will leave Porthcawl Rugby club. All other entrants to meet no later than 9am on the car park behind Commercial St, Nantymoel.

GENERAL INFORMATION CONT'D

How do you give in your sponsor money?

You are free to set up a MyDonate page or you can give us the money. Can you please ensure you give us back the sponsor form which will help us to claim back Gift Aid from the government.

Are there breaks throughout the walk?

There is one designated stop on the walk which is the café at Tondy Nature Reserve.

Where does the walk finish?

All the walkers will meet up at the seafront in Porthcawl, then proceed to Porthcawl Rugby Club.

Please consider the following during the walk....

- ♥ Suitable walking footwear
- ♥ Light Clothing (weather dependent)
- ♥ Sun Cream
- ♥ Hat
- ♥ Waterproofs (bad weather)
- ♥ Snacks and Energy bars
- ♥ Water
- ♥ Good insulated socks plus a spare pair.
- ♥ Small bag packs (light as possible)

Injuries do happen when walking a reasonable distance. It is very important for you to practice walking and make sure someone is available to pick you up if you are unable to carry on doing the walk. There will be transport provided but this will obviously be limited.

Event organiser

Nicky Moss

Telephone 07977584701

Email info@costofcancer.org.uk

At Cost of Cancer we can't make someone's hair grow back or make the disease go away but what we can do is to help make life a little easier.

Terms and Conditions for The Valley to Coast Walk

These terms and conditions apply to all participating in The Valley to Coast Walk, operated by Cost of Cancer Charity. By taking part in The Valley to Coast Walk, each participant agrees to these terms and conditions.

Definitions

You, walker, participant: anyone taking part in The Valley to Coast Walk

We, us, the charity: Cost of Cancer Charity

The event, The Valley to Coast Walk (Nantymoel to Porthcawl RFC)

Terms and Conditions

Participants are fully responsible for their actions whilst taking part in The Valley to Coast Walk. We do not accept responsibility for the actions of the participant, nor the consequences of such actions.

Participants must be confident that they are physically and mentally capable of walking the distance. If they are at all unsure about this, they should seek medical advice from their GP before the event.

The Valley to Coast Walk is not a race, it is a non-competitive charity group walk. Running is not advised or permitted.

Anyone under the age of 16 must be accompanied by their parent or guardian before registering. Members of the public who undertake the walk without prior registration do so at their own risk.

We reserve the right to refuse participation to any individual and to cancel or postpone the event completely for all participants at any time.

No consumption of alcohol during the walk route. Legal licensing laws apply at Porthcawl Ruby Club. Cost of Cancer accepts no responsibility for any issues or accidents arising from excessive alcohol consumption. Please respect the event, drink responsibly.

We ask all participants and their supporters to be respectful of residents, to not make excessive noise along the route and to use the litter and recycling facilities available.

We will be taking photographs and occasionally filming wherever possible including after the event in Porthcawl Rugby Club. We may use footage and photos of you, your family and or your team in publications, website and social media.

The contact details you provide on registration will be used for The Valley to Coast correspondence. We will also add you to the mailing lists for our regular communications unless you request otherwise. You may unsubscribe from these communications at any time.

By participating all walkers are agreeing to endeavour to raise a minimum of £50 that they will forward to Cost of Cancer no later than 4 weeks after the event.

Entry fees cannot be refunded. This is a contribution towards the administration costs of putting on The Valley to Coast Walk.

We reserve the right to alter the route at any time without prior notice.

**Cost of Cancer are not responsible for personal possessions.
If you don't want to loose it don't take it with you.**

In order to participate in The Valley to Coast Walk you must complete the registration form.

NB: All sections of this registration form MUST be completed.

Your place on this walk is NOT secured until you have paid your registration fee of £20.