

All COMPLETED registration forms need to be completed and sent into us by the 1<sup>st</sup> 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

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.

Bank Details for payment Sort Code 54-30-05 Account Number 33636206.  
Please use V2C plus a surname as a reference.

## GENERAL INFORMATION FOR THE VALLEY TO COAST WALK

### WALK FACTS

- ♥ Approx 6-7 hours of walking and a distance of 30km (18 miles)
- ♥ Our 1st charity walk to raise funds for Cost of Cancer
- ♥ Scenic part off road route starting at the carpark at the Parc Calon Lan, Gwendoline Street/Railway St, Blaengarw, Bridgend CF32 8AT
- ♥ 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 FREE FOR UNDER 16'S

#### 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 Blaengarw?

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 at Parc Calon Lan Gwendoline St/Railway Terrace. Blaengarw.

## GENERAL INFORMATION CONT'D

### How do you give in your sponsor money?

You are free to set up a Wonderful 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 Tondur Nature Reserve.

### Where does the walk finish?

All the walkers will finish at 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](mailto: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 (Blaengarw 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 lose it don't take it with you.

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

Sign: \_\_\_\_\_

Date: \_\_\_\_\_

Print: \_\_\_\_\_

We DO NOT sell your information to 3<sup>rd</sup> parties. We would however like to include you on our mailing list so that we can keep you upto date with any news/events. Please declare by ticking this box if you would like to receive our news.

**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.**