

**28 June – 1 July 2012**  
**The South West Coastal Path Walk**  
**3 days 35 miles**

*Our 2012 Charity Challenge will take us along some of the best coastal paths in the whole of the UK. Come and join us on this great event and help raise money for UNISON Welfare's Bucket & Spade Appeal.*



**Registration fee only £65**  
**Minimum sponsorship only £245**



**Day 1:** Arrive at Croyde Bay for evening meal and welcome/briefing\*.

**Day 2:** Walk from Lynmouth to Combe Martin 14 miles.

**Day 3:** Walk from Combe Martin to Woolacombe 14 miles.

**Day 4:** Walk from Woolacombe for the final 7 mile section to Croyde Bay\*

\*For those travelling by train we will arrange collection from Tiverton Parkway on Thursday afternoon and the return back to Tiverton 3.00 pm on Sunday.

#### INCLUDED IS:

- 3 night's accommodation at UNISON's fantastic Croyde Bay Holiday Resort
- 3 breakfasts, picnic lunches & evening meals
- Transfers from/to Tiverton Parkway BR Station
- All transport during the event and services of support team

\*Everyone taking part will receive a free Charity Challenge T Shirt and water bottle.

\*Raise over £300 in sponsorship and you will also receive a special thank you gift of a UNISON rucksack.

\*There will also be a special award of a free weekend for 2 in Paris for the person who raises the highest amount in sponsorship.

**NEW for 2012:**  
**free professionally-produced souvenir photobook**

**PLUS** Free use of all the facilities at Croyde Bay including swimming pool, sauna, jacuzzi, gym and entertainment in the evenings including quiz, karaoke and live band.

**PLUS** You can bring a partner or family member(s) to stay at Croyde with you for just £54 (per person) which includes 3 nights bed breakfast and evening meal and use of all facilities.



UNISON  
**Croyde Bay**  
holiday resort

With all our events we want them to be fun and something you will enjoy. Yes, they are all a real challenge but they are not intended to be a feat of painful endurance. So if on any day you are suffering we do not want you to force yourself to walk further than you feel comfortable to do so. There is no shame in sitting out a day, taking an easier route, stopping

early or using the support vehicles, that is just good old common sense. The real achievement is simply making the commitment to try and doing your best. You will be enjoying a great experience, taking on a real challenge and supporting a great cause at the same time.

## SOME FREQUENTLY ASKED QUESTIONS

### What equipment & clothing will I need?

**Most important of all is that you must have walking boots.** These can be purchased from around £30 and are essential. Walking boots provide support for your ankles and a better grip on rough or slippery surfaces. Buy them well in advance of the event so that you can 'wear' them in and ensure they are comfortable.

A **cagoule or lightweight waterproof top** is needed to keep you both dry and warm.

Clothing is very much down to personal choice but in general it is better to wear several layers of clothing e.g. T shirt, shirt, sweatshirt/light jumper, jacket and cagoule rather than thick layers like a big jumper. This enables you to take off or put on clothing depending on how warm or cold you feel giving maximum flexibility.

**Walking shorts** are ideal but if you don't want to display your knees some track suit bottoms or cotton trousers are ok. Avoid materials like Denim which get very heavy if wet and have thick seams which can chaff. But the best option is make sure you have walked in whatever you plan to wear before you arrive for the event. That way you will know if what you have chosen is comfortable and suitable.

For the walking events you will need a **small rucksack** to carry your spare clothing, lunch and water bottle, **we recommend you carry at least 2 litres of water.**

### How Much Training Will I need to Do?

This will depend on how fit you are now and if you are already a regular walker. If you are in any doubt at all about your health or fitness we recommend you see your GP for advice.

But you do have plenty of time to prepare and the event is fully supported with back up teams so you will never be left without help or support. Start with short training walks of 3-4 miles over varied terrain and build up until you can comfortably complete walks of 10 miles. If you are a member of a Gym ask the staff to work out a programme for you.

### What if I cannot raise the Sponsorship Money?

A fundraising pack will be sent to you when you register to help you with ideas and give you information about fundraising methods that have been successfully used before.

You have plenty of time to raise the money and the key is to start immediately rather than leaving it to the last 2 or 3 months. We will of course try to offer you as much help and support as we can and take into account any extenuating circumstances. However we must reserve the right to withdraw you from the event if your fundraising has fallen well short of the target. Your registration fee may not be refundable in these circumstances.

### What about Travel Insurance?

All participants are required to arrange their own travel insurance.

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We reserve the right to alter routes/distances if required due to local conditions and individual abilities.



UNISON Welfare is UNISON's unique charity providing support to UNISON members and their families. The bucket and spade appeal was set up to help families experiencing difficulty and distress to benefit from a family holiday. By taking part in one of our intrepid challenges you will raise funds for the UNISON Welfare Bucket & Spade Appeal. With your help hundreds of children will have the chance to enjoy a family holiday by the seaside. Every single penny of the sponsorship money you raise will go to this appeal no sponsorship money is used to pay for any of the costs of the events.



# Requirements affecting your fundraising

**On acceptance of your registration form and payment of the registration fee the following conditions will apply until six weeks after the end of the Event unless terminated earlier by UNISON WELFARE as set out below:**

1. You are given permission to collect money by way of voluntary contributions on behalf of UNISON WELFARE in connection with the Event. You must comply with any fundraising and health and safety guidelines issued by us.
2. You may only use lawful means to raise funds for the Charity and must not do anything, which harms or is likely to harm the reputation of UNISON WELFARE.
3. You agree to comply with the financial procedures set out in the material supplied to you in connection with the Event.
4. You agree that when you ask for money you will make a clear statement that the costs of your participation will not be met from the sponsorship monies; and that all donations made will be paid to UNISON WELFARE.
5. You agree that you may not make any claim for expenses of whatever nature in connection with your fundraising for this Event from UNISON WELFARE, nor from the organisers of the Event. You are responsible for arranging your own travel to and from Tiverton Parkway Station and these expenses cannot be claimed. If you choose to drive to Croyde Bay no expenses can be claimed but ample free parking is available.
6. You agree that UNISON WELFARE can terminate your authority to fundraise for that Charity at any time by sending written notice to your address.

**I have read, understood and agree to the conditions set out in the Schedule above.**

SIGNED

DATED

**I would like to register for:**

The South West Coastal path Walk

Registration fee £65.00

Minimum sponsorship £245.00

**Cheques should be made payable to 'UNISON Welfare'.**

I pledge to raise a minimum sponsorship of £245.00

I enclose payment of £65.00 as my registration fee

SIGNED

DATED

Please return the completed form to the following address:

Paul Barker, Membership Services, UNISON Centre, 130 Euston Road, London NW1 2AY

# Registration form

## PERSONAL DETAILS

TITLE (MR, MRS, MS, MISS)

SURNAME

FORENAME

ADDRESS

POSTCODE

TEL DAYTIME

MOBILE

EMAIL

DATE OF BIRTH

T SHIRT SIZE S M L XL XXL  
Please circle correct size

## NEXT OF KIN (IN CASE OF EMERGENCIES)

NAME

RELATIONSHIP

ADDRESS

POSTCODE

TEL DAYTIME

MOBILE

EMAIL

## MEDICAL REQUIREMENTS

DO YOU SUFFER FROM A MEDICAL CONDITION, ALLERGY  
OR TAKE REGULAR MEDICATION  YES  NO

If yes, please give details

## DO YOU SNORE?

YES  NO

## DIETARY REQUIREMENTS

DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS  
(e.g vegetarian, vegan, allergies or intolerances)  YES  NO

If yes, please give details

## ACCOMMODATION

Accommodation may be in shared rooms. If you know anyone  
else going on this trip and would like to share with them  
please write name here.

## DISABILITY

DO YOU HAVE A DISABILITY  YES  NO

If yes, please give details

## TRAVEL ARRANGEMENTS

Participants often like to contact each other to share travel  
arrangements or to go training together. Please confirm if you are  
happy that we share your email address with other participants)

YES  NO