

Refreshments:

There are several 'Squash Stops' along the route. Refreshment Point 4 also has hot drinks and refreshments are provided at the Finish.

First Aid:

There is a first aid box at the Start/Finish Point, at the Lunch Stop and at each Refreshment Point marked on the Route Guide. In the event of an accident, please make your way to the nearest First Aid Point. If you are unable to move, wait for assistance or ask a member of your party to return to the nearest Marshal and ask them to call by mobile phone for assistance.

Lunch:

We stop for lunch at Hascombe Village Hall, where a buffet style lunch will be served. Lunch is paid for by donation into a pot at the end of the table, when walkers can show their appreciation to the lunch ladies for their efforts. Beer from the Hogs Back Brewery at Tongham will also be on sale here.

50/50 Shared Sponsorship:

If you organise a Team of walkers who raise between them sponsorship totalling at least **£150 (minimum £15 each)** we will be happy to share the income raised with your organisation or charity 50/50.

We organise it - you walk it - and the greater the sponsorship then the more we both get. All 50/50 group walkers must complete individual sponsor forms like this one. The Group Leader will also be asked to complete a Team Entry Form, to be completed in advance and brought with you on the day. Please contact Jo Beagles on 01483.418195 for a copy of the Team Entry Form. We accept photocopies of this Sponsor Form.

For more details of the Wey & Arun Canal Trust and its aims, contact the Trust office:

The Wey & Arun Canal Trust
The Granary
Fritchfold Farm
Loxwood
West Sussex RH14 0RH
01403.752403
email: office@weyandarun.co.uk
website: www.weyandarun.co.uk



The Wey & Arun Canal Trust

invite you to take part in the
34th Annual Poddle
14 MILE SPONSORED WALK

on Sunday 11 June 2006



**This year we are back in the Godalming area
starting from Mill Pool House**

**The proceeds from this year's Poddle
will go towards the gate for the new lock at Loxwood**

REGISTRATION FORM – (DO NOT DETACH)

Please complete and sign this section before arrival at the Start Point : please write in BLOCK CAPITALS



FULL NAME:

ADDRESS:

Post Code **Signed**

I intend to raise £..... from Sponsorship

Is this your First Poddle? YES/NO Are you a Trust Member? YES/NO

LAST MAN SPONSORSHIP SCHEME – FOR NON-WALKERS

There is a way you can help us without even leaving your seat! Why not sponsor our Last Man team? 'Last Man' has the important job of walking the route behind the walkers to make sure that nobody gets lost, or has fallen by the wayside. They remove our directional arrows and signs and any litter, making sure we leave the countryside as we found it.

If you are unable to help in any other way – perhaps this is for you!

- ❖ To sponsor Last Man, please send cheque to the Poddle Co-ordinator (address below).
- ❖ If you would like to be a Helper on the day, please contact the Poddle Co-ordinator.
- ❖ If you can make some cakes for the Refreshment Points, please bring them along on the day to the Start Point for distribution.
- ❖ If you would like to bring a team of walkers under the 50/50 Scheme, please contact :

PODDLE CO-ORDINATOR – Jo Beagles
79 Farncombe Street, Godalming GU7 3LN
01483.418195 Email : jo.beagles@cartwrights.uk.com

***CAN WE BE EVEN MORE ENVIRONMENTALLY FRIENDLY?
LET THE TRAIN TAKE THE STRAIN – The Start/Finish point this year is right next to Godalming Station, so why not think about coming to the Poddle by train? "GroupSave" tickets are available from South West trains for groups of 3/4. If you produce a valid train ticket at the Poddle Check-in, a further £5 will be donated to the Trust on your behalf.***

Location :

The Poddle returns this year to Godalming with the Start/Finish point for the walk being at Mill Pool House, nearly Godalming Station. If you wish, you can travel by train to the start of this walk. If you do travel by train then when you leave the station turn right and walk down the hill to the Old Mill and Mill Pool House and car park are on your right hand side **Look out for the Poddle signs!**

If travelling by car, please see map on the front of this Sponsor Form.

Eligibility :

The Poddle is open to anyone who raises a minimum **£15** sponsorship, although many walkers raise considerably more! The route will be well marked and a detailed Walker's Guide is provided. Please make sure that you are sponsored for at least this much when you arrive at check-in.

We regret that the Poddle is not suitable for pushchairs or very young children as there are usually several stiles and a hill or two on the route.

Dogs are most welcome (especially if they are sponsored!) however they must be kept under control at all times and placed on a lead if necessary and when requested in the Walker's Guide.

The Details :

You are free to make your own pace on the walk, as the overall timetable is designed to meet the needs of all entrants. You can start the walk at any time between the hours of **9.00 am** and **10.30 am**.

PLEASE NOTE THAT THIS IS A LATER START THAN IN PREVIOUS YEARS. Check-in closes at 10.30 a.m. when the Last Man team start out.

You cannot start the walk after Last Man team has left.

We hope you will want to complete the whole walk, but it is possible to finish at the Lunch Stop and return to the Start, by arrangement. Please let us know at the Start if you wish to take advantage of a lift back, or, if you decide during lunch, then contact a lunch stop helper.

The Way & Arun Canal Trust makes every effort to ensure the safety of walkers however it cannot accept liability for any accident or loss of or damage to property