

Refreshments:

There are several 'squash stops' along the route, with hot drinks and refreshments provided at the Finish.

First Aid:

There is a first aid box at the Start/Finish/Lunch Point and one 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:

Lunch will be provided at Rackham Old School, Rackham RH20 2EU. 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. A local Beer will also be on sale.

50/50 Shared Sponsorship:

If you organise a Team of walkers who raise between them sponsorship totalling at least **£150 (minimum £15 each walker)** 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 (photocopies of this Sponsor Form are accepted). 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 the Poddle Co-ordinators at holcombe79@aol.com or 01483.418195 for a copy of the Team Entry 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
37TH Annual Poddle

**10 MILE
SPONSORED WALK**

on Sunday 14 June 2009

WALKING TO WIGGONHOLT

**The proceeds of this year's Poddle will go towards
the lower gates for Devils Hole Lock**

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**

I intend to raise the amount of £..... from Sponsorship.

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

Please leave or delete the following:-

Gift Aid Tax Declaration

I would like the Wey & Arun Canal Trust to benefit from reclaiming tax on the donation I make on this sponsorship form. I pay UK income tax at the standard rate. Please take the date of my declaration as 14 June 2009.

SIGNED **DATE :** 14 June 2009

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 (payable to WACT) to the address below.
- ❖ If you would like to be a Helper on the day, please contact the Poddle Co-ordinators.

- ❖ If you would like to make some cakes for the Refreshment Points, please bring them along to the Start Point on the day for distribution.
- ❖ If you would like to bring a team of walkers under the 50/50 Scheme, please contact :
PODDLE CO-ORDINATORS – Joanne and Kevin Holcombe
79 Farncombe Street, Godalming, Surrey GU7 3LN
01483.418195 Email : holcombe79@aol.com

Location :

The Poddle starts this year at Pulborough Village Hall, Swan View, Lower Street, Pulborough, West Sussex RH20 2BF. Parking at the Hall itself is limited, but there is a public car park (free on Sundays!) adjacent to the Hall.

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 :

The walk is 10 miles round. Approx. 6 miles in the morning and 4 miles after lunch. The afternoon section of the walk will take you through the tranquil setting of Wiggonholt. 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**.

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.

The Wey & 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.