



The Rotary Club of Norwich Centenary  
"THE UPTON FAMILY WALK"  
SUNDAY 20th MAY, 2018  
ENTRY AND REGISTRATION FORM



Please complete ONE form for EACH INDIVIDUAL WALKER (except accompanied children)

NAME (Please print) (MR/MRS/MISS/MS) .....

ADDRESS .....

.....

..... POST CODE .....

TELEPHONE NO: ..... MOBILE PHONE NO: .....

EMAIL ADDRESS .....

RAISING MONEY FOR ..... CHARITY NO: .....  
 (this should be the same as on your SPONSORSHIP FORM)

**IMPORTANT:** IF YOU ARE WALKING AS PART OF A FAMILY OR OTHER GROUP AND NOT BEING INDIVIDUALLY SPONSORED, PLEASE ALSO GIVE THE FULL NAME OF THE WALKER WHO WILL SUBMIT THE COMPLETED SPONSORSHIP FORM.....

NB: IF YOU WISH TO WALK WITHOUT SPONSORSHIP THIS IS FINE. WE WELCOME PARTICIPANTS WHO WISH TO ENJOY THE WALK BY PAYING THE ENTRANCE FEE ONLY.

NAME AND AGES OF CHILDREN (CHILDREN MUST BE ACCOMPANIED BY AN ADULT):

.....

I am signing below to declare that I am medically fit to walk and I understand that I do so at my own risk and that the organisers will in no way be held responsible for any injury, illness or accident to my person, or loss or damage to any property as a consequence of my participation in this event. This declaration also applies to any accompanied children. Unfortunately, due to the uneven and sometimes muddy ground this walk is not suitable for wheelchair users and baby buggies. I also consent to my details being stored on a database for the sole purposes of the administration of this and future Walks organised by the Rotary Club of Norwich Centenary.

I enclose my entry fee of £ ..... Adult £5.00

Please make cheques payable to: Family 2 Adults & Children £5.00

NCRC The Upton Walk

To pay by BACS please email entry to [uptonwalk@gmail.com](mailto:uptonwalk@gmail.com)

HSBC 40-35-09

A/C 44154088

Ref: Upton Walk & add your Surname

**N.B. Late Entries:**  
 On Day £6.00

Signed: .....

Date: .....

NB: Sponsorship monies to be sent direct to your chosen charity. Tick this box if you do NOT consent to your details being supplied to the charity you are supporting.

**For entries by post please enclose cheque with your entry / registration form by 12<sup>th</sup> May 2018 at the latest to: -**

Tony Marsh  
 Norwich Centenary Rotary Club  
 8, Gunner Close, Norwich, NR7 0YR

## SOME SPONSORSHIP SUGGESTIONS!

These have been used successfully by some of our Walkers and they may help enhance your support for your Chosen Charity.

- Invite your employer or corporate donor to match your total raised.
- Place a notice in your Parish or Club magazine / bulletin telling them how they could support you with only small commitments and/or encourage them to come with you on the Walk.
- Always take advantage of the Gift Aiding facility provided on the Sponsorship Form when appropriate – it means an additional 25% for your chosen charity
- Charities we would love you to support:

Barnados  
Big C  
Centre 81 Gt Yarmouth  
CRUSE  
E.A.C.H  
Fresh Start  
Home Start Norfolk  
Horse Rescue Fund  
It's on the ball  
Leeway  
Louise Hamilton Centre for Palliative Care  
MacMillan Cancer Support  
MIND  
NANSA  
National Coastwatch  
Nelsons Journey  
N & W Prostate Cancer  
Norfolk Wildlife Trust  
Norwich Door to Door  
Norwich Lymphoma Trust  
Norfolk SEN Network  
NCI Gorleston  
Vidiyal Trust  
Wellbeing for Women  
Waveney Sailability  
Wherry School  
YMCA

If there is a charity dear to your heart and they are not listed, please support them.