



Are you interested in signing up to walk a leg of **Dawn's Southwold to Silsoe Challenge?**

We hope you are looking forward to it as much as we are!

Each day will average 12.5 miles of walking but will of course be dependent upon weather and general abilities on the day. As Dawn will be walking 100 miles and it is a huge undertaking for Dawn (or anyone!) we are expecting that there may be days when she walks less than the distance calculated. If this is the case you are more than welcome to complete the scheduled walk but we do want to highlight that it is an average per day and is subject to change.

We asking that participants raise sponsorship as we are hoping to hit our target of £21,000 for 21 years! If 100 people each raised £200 we would hit £20,000! You can raise money offline on a sponsorship form, through JustGiving: the campaign page link is as follows: <https://www.justgiving.com/campaigns/charity/chums/dawnsouthwoldtosilsoechallenge> or you can set up your own JustGiving page.

For each day there will be a set starting and finishing place and a daily starting time. We will let you know these in advance, however if we needed to start an hour later for example due to weather we would contact you the night before to let you know this – therefore it is imperative that you provide us with an up to date email and mobile number.

Dawn's husband, Jeff will be there throughout the walk and will provide transport for any items or equipment such as suitcases that you will not be taking on the walk with you. We will also aim to provide you with a printed map of the route in case you were to get separated and will recommend an app which can be used.

Whilst CHUMS will ensure equipment such as a first aid kit is provided, and should the weather be hot will source extra water – it is important that you bring everything you will need and CHUMS cannot take responsibility if you should forget any equipment.

If you would like to stay overnight either the day prior to your walk or after please contact Paula to discuss possible accommodation options.

We would therefore be grateful if you could complete the attached form and return this to us ASAP. You do not have to know Dawn – anyone can take part.

If you have any questions please contact the fundraising team on **01525 863924** or email **anna.bunney@chums.uk.com**

If you cannot take part but would like to donate you can follow the just giving link or text DAWN21 followed by your amount to 70070 i.e. DAWN21 £10

Kind regards

Sue Clarke

Anna Bunney

Nicola Perry

Paula Fensome

CHUMS Fundraising Team

CHUMS Southwold to Silsoe Challenge

(Please complete one for each participant)

Name:

Address:

Phone Number:

Mobile Number:

Email:

Emergency Contact Name:

Relationship:

Phone Number:

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If under 18 please complete the details below

Parent/Guardian Name:

Phone Number:

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I understand that I am signing up for an average of 12.5 miles a day and details maybe are subject to change

I understand that it is my responsibility to bring the items on the checklist and CHUMS will not take responsibility for any items that are forgotten or lost on the day

I understand that it is my responsibility to fundraise towards the target

I understand that CHUMS is not liable for any injuries that may occur during the walk

I have completed my requested dates on the next page

Name:

Signed:

Date:

Walk Locations* and Dates

***subject to slight change. We will contact you to confirm.**

Date		From	To	Miles	Approx Accommodation	I would like to walk (Please tick)
Day 0	Thursday 21 st June	Arrive in Southwold		0	Southwold	
Day 1	Friday 22 nd June	Southwold	Huntingfield	12.5	Southwold/Halesworth?	
Day 2	Saturday 23 rd June	Huntingfield	Hoxne (Diss)	12.5	Diss	
Day 3	Sunday 24 th June	Diss	Stanton	12.5	Diss/Bury St Edmunds	
Day 4	Monday 25 th June	Stanton	Bury St Edmunds	12.5	Bury St Edmunds	
Day 5	Tuesday 26 th June	Bury St Edmunds	Newmarket	12.5	Newmarket	
Day 6	Wednesday 27 th June	Newmarket	Cambridge	12.5	Cambridge	
Day 7	Thursday 28 th June	Cambridge	Croydon	12.5	Cambridge/Croydon	
Day 8	Friday 29 th June	Croydon	Henlow	12.5	Henlow	
Day 9	Saturday 30 th June	Henlow	Wrest Park – Silsoe	5	Home	
			TOTAL MILES	105		