

# the great south run 2009

**Come and join Walk the Walk at the 19th Great South Run. Starting at Clarence Esplanade we will Power Walk through old Portsmouth, pass within touching distance of HMS Warrior and HMS Victory before finishing back at Southsea to claim our well deserved medal. It's fun to be beside the sea, so join us to get fit, raise money, raise awareness and have lots of Walk the Walk fun!**

 **walkthewalk®**  
uniting against  
breast cancer

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Walk the Walk is a grant making charity supporting vital breast cancer causes.

Date  
**Sunday 25 October 2009**

The Place  
**Portsmouth**

Closing date for entries  
**Friday 24 July 2009 or earlier if full**

### Sponsors

The Walk the Walk charity grants money to vital breast cancer causes. We ask you to aim to raise a minimum of **£100**.

### The Bra

As always we will send a special Walk the Walk T Shirt, a hat, and of course the bra to decorate yourself.

### Your training

Completing any distance is a fantastic achievement and like most things wouldn't be worth doing if it wasn't a challenge. So, it is really important that you commit to the training. We Power Walk as a team so you will need to aim for a walking pace of 15 minute miles. A special Training Guide will be provided with your Welcome Pack but please contact us if you require more information.

### How to enter

To join Walk the Walk at the The Great South Run there is a **two part entry system**.

**Part A)** visit [www.greatrun.org](http://www.greatrun.org) to register online and pay your entry fee directly to the race organisers. **Part B)** Join us by sending the form along with a cheque for **£18.00** (inclusive of 15% VAT) which covers the cost of your Walk the Walk pack, including hat, bra and T-shirt.

\*Note: Insurance is the responsibility of each individual participant. Please ensure that your insurance covers you for road walking in this sporting event. All participants are responsible for their own medical condition.

## Walk the Walk Entry Form Great South Run 2009

Please complete this form in black ink using **BLOCK CAPITALS**.

Forename (s) \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Daytime telephone \_\_\_\_\_

Mobile \_\_\_\_\_

E-mail address \_\_\_\_\_

Your estimated finishing time for this challenge

1-2 hrs  2-3 hrs

**To enter this challenge the organisers request that you must be able to complete the distance in 3 hours after which the event closes and all services stop. This is a walking pace of just over 4 miles per hour.**

Preferred T-shirt style (if available)

**Loose fit** Medium 12  Large 14   
XLarge 16  XXLLarge 18

**Tight fit** Small 8/10  Medium 10/12   
Large 12/14  XLarge 14/16  XXLLarge 16/18

**A Playtex bra will be sent to you.**

The following sizes are available:

30 D-G, 32-38 A-G, 40-42 D-DD

Back size \_\_\_\_\_ Cup size \_\_\_\_\_

Prosthesis bras are currently available in the following sizes: 34 B-D, 36 B-D, 38 B-D. If you are outside of this size range, we will endeavour to find you a suitable prosthesis bra.

Back size \_\_\_\_\_ Cup size \_\_\_\_\_

If you require a bra size that is not available, we suggest that you either decorate one of your own bras for maximum comfort, or pick a bra size that is available and may be suitable for you. In all cases we will endeavour to send the bra size that you have requested. Colour can not be specified. **Please make sure that you order the right size as no exchanges will be possible.**

Do you have any allergies or a medical condition of which the organisers should be aware?   
Please give details below  
\_\_\_\_\_  
\_\_\_\_\_

Contact name and phone number in case of emergency on the day  
\_\_\_\_\_  
\_\_\_\_\_

What other Walk the Walk challenges have you taken part in?  
\_\_\_\_\_  
\_\_\_\_\_

I would like more information on Walk the Walk events

We would love to hear why you want to take part in this exciting challenge and if your story would be of interest to others, so, please write a brief summary on the back of this form!

I agree to the terms and conditions and aim to raise a minimum of **£100**.

**I enclose my entry fee of £18.00** (includes 15% VAT)

Signature \_\_\_\_\_ Date \_\_\_\_\_

**All cheques to be made payable to Walk the Walk in Action Ltd and returned with your entry form to: Walk the Walk Brook House 88-100 Chertsey Road Woking Surrey GU21 5BJ United Kingdom**

The administration fee is non refundable. By entering the race you give permission for the free use of your name, voice or photograph or picture in any form of advertising for Walk the Walk in commercial, promotion or any other coverage. I acknowledge that this event is organised by Nova International and therefore that Walk the Walk are not liable to me for any injury, loss or damage, nor any consequential loss or damage suffered by me, at or by reason of the event.

### Data Protection Act

Walk the Walk Worldwide and Walk the Walk in Action Limited (together "WTW") will process your personal data (as defined by the Data Protection Act 1998 ("the Act")) for the purposes of your entry to and participation in all Walk the Walk challenges, keeping you informed about our work, promotions and future events run by WTW and third parties, achieving the charitable objectives and marketing of a charitable organisation and fundraising. This may include WTW using your photograph and film image or a sound recording of you. WTW may transfer your personal data to the charities that it supports through grants and to some of our commercial participators, sponsors and supporting organisations.

If you would like WTW to stop processing your personal data following the Great South Run please let us know by writing to Walk the Walk Worldwide, Brook House, 88-100 Chertsey Road, Woking, Surrey, GU21 5BJ. Please note that by requesting this you will not be informed about future events. Some of the information disclosed to us and processed by WTW will be sensitive personal data (as defined by the Act). By signing this entry form you hereby give to WTW your explicit consent to process your sensitive personal data for the purposes outlined above.