



**Walk on the Wildside 2011**

**Thursday 6 October, Thorpeness**

Surname	Forename
Address	
Postcode	
Tel	Mobile
Email	
Team name (if applicable)	

Team registration: Please complete individual forms and send together in one envelope.

I would like to register for the  7 mile  13 mile

I would like a  standard lunch or  vegetarian lunch

CONDITION OF ENTRY TO WALK ON THE WILDSIDE: I confirm that I am taking part entirely at my own risk. I confirm that I know of no medical reason as to why I should not take part in the event. I acknowledge that to the extent permissible by law, the organisers shall not be liable for death, personal injury, loss or damage arising from my participation in or as a consequence of my participation in the 2011 Suffolk Breakthrough Walk on the Wildside.

Signature ..... Date .....

I enclose a cheque for £20 payable to Suffolk Breakthrough Breast Cancer (covers guided walk, morning coffee, en route refreshments, lunch and hat)

I can donate a raffle/tombola prize.

**Please post to Walk on the Wildside,  
The Cottage, Great Glemham Road, Stratford St Andrew, IP17 1LW.  
Contact Sarah on 07917 462894; [info@suffolkbreakthroughevents.co.uk](mailto:info@suffolkbreakthroughevents.co.uk)**

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**Final Instructions**

**Meeting and Parking**

Meet at Thorpeness Country Club, The Benthills, IP16 4NU. If you cannot park outside the country club, there is parking around the Mere and other side roads. There is also a large pay car park opposite the Mere on the Aldeburgh road.

When you arrive at the club, please come up the steps on the left to register before going downstairs for your coffee in the room below.

Registration desks will split you by surname A-E etc. Water and safety pins will be provided.

**Remember to bring:**

Charged mobile phone.

Please enter Suffolk Breakthrough contact numbers:

**Sarah Williams – 07917 462 894**

**Julia Appell – 07786 730331**

Additional water or waterproof – check the forecast.

A banana, cereal bar etc. Refreshments will be provided en route too.

Dog lead and poop bags. Please clean up, especially on the beach and please put your dog on a lead when requested on notice boards.

Please remember the raffle/tombola prize if you offered – thank you!

Money for raffle/tombola tickets. The Parrot and Punchbowl pub at Aldringham are happy for walkers to pop in to use the loo – any purchases would obviously be welcome!

**Wear hot pink!**

Team award and individual award are available for the most creative pink outfits.

Any questions please call Sarah at Suffolk Breakthrough on 07917 462 894

**Have a wonderful day!!!!!!!!!!!!**