

mpd-support

GUY'S &
St THOMAS' CHARITY

5K "Walk for Cure" HYDE PARK LONDON ON SATURDAY 18th OCTOBER 2008

MPD support is having its 2nd sponsored 5K Hyde Park walk on Saturday 18th October 2008 to raise money to fund research into new treatments and hopefully a cure for Myeloproliferative Disorders!

Come and join us and invite your family, friends and neighbours to take part in this sponsored walk, followed by a "bring your own picnic".

This 5K walk for both adults and children provides the opportunity to take in the vibe of the park, its scenery, the Italian gardens, and stunning views of Kensington Palace, the Diana Memorial Fountain, the Lido and Diana statue.

Registration information

Closing date Friday 10th October 2008

We are restricted to 100 walkers - registration is first come first serve
There is a registration entry fee of £10 for adults and £5 for children (12 and under). The registration entry fee enables us to cover the cost of the park fees, insurance and allocating a place in the event for you, and includes your exclusive MPD-Support baseball hat, a badge and a bottle of water.

Fill in the accompanying registration form

Information will be sent upon registration or call
Hira Sisodia on 07833633505 or Natasha Hyatt on 07930282811

Website: www.mpd-support.co.uk. Email: info@mpd-support.co.uk

MPD-Support is a registered UK Charity under the auspices of Guys and St Thomas charity

REGISTRATION FORM

**5K "Walk for Cure" HYDE PARK LONDON
ON
SATURDAY 18th OCTOBER 2008**

One form per person please

- YES** I would like to participate in the MPD-Support sponsored walk.
- NO** I don't wish to participate, but would like to donate to MPD-Support.
(You can also make a donation online on <http://www.justgiving.com/mpdsupport>)

NAME: Mr/Mrs/Miss/Ms/Other _____
SURNAME: _____
ADDRESS: _____ _____
POSTCODE: _____
TELEPHONE NO: _____ MOBILE: _____
EMAIL: _____
AGE (If 17 or under) _____

Registration Entry Fee - £10 adults, £5 children (12 and under)

The registration entry fee enables us to cover the cost of the park fees, insurance and allocating a place in the event for you, and includes your exclusive MPD-Support baseball hat, a badge and a bottle of water.

Payment

I enclose a cheque payable to **Guy's and St Thomas' Charity** for the sum of £ _____

**Please send cheque to Yvonne Francis MPD CNS Haematology Dept, 4th Floor,
North Wing, St Thomas Hospital, Lambeth Palace Road, London, SE17 EH.**

SPONSORSHIP FORM

**5K "Walk for Cure" HYDE PARK LONDON
ON
SATURDAY 18th OCTOBER 2008**

Walker

Get sponsored online

Set up your own personalised online sponsorship page where people can donate at www.justgiving.com

NAME: Mr/Mrs/Miss/Ms/Other _____

SURNAME: _____

ADDRESS: _____

POSTCODE: _____

TELEPHONE NO: _____ **MOBILE:** _____

Sponsorers

How your sponsorship helps us

Please sponsor me. I am raising money for MPD-Support through Guy's and St Thomas Charity, to help people with MPD's live the best lives they can, and fund research into new treatments and hopefully a cure for Myeloproliferative Disorders

Gift Aid

If you are a UK taxpayer, the government will pay an addition 28p for every £1 you donate if you tick the **gift aid** box and fill in your name, home address and postcode. Your home address is a requirement for a valid **gift aid** claim.

Data Protection

The personal information you provide will be held securely in accordance with our internal policy and the Data Protection Act 1998.

	Sponsor's Name	Address	Post Code	Date	Gift Aid	Amount pledged	Amount paid
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

Total |

You are doing great! Keep going - turn over for more sponsorship space

	Sponsor's Name	Address	Post Code	Date	Gift Aid	Amount pledged	Amount paid
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							
32							
33							
34							
35							
36							
37							
38							
39							
40							

Total

Total of Page 1: £ _____

Total of Page 2: £ _____

Grand Total: £ _____

We request that all Sponsorship monies are paid by 31st October 2008

Please return these Sponsorship forms and cheque to MPD-Support.

Cheques should be made payable to:

Guy's and St Thomas' Charity
1st Floor, West Wing, Counting House
Guy's Hospital
Great Maze Pond
London SE1 9RT

I agree to pay the Charity named above all the money which I collected for this 5K Hyde Park Walk Event on the 18th October 2008

NAME: _____

SIGNATURE: _____

PARENT/GUARDIAN
(If 17 or under) _____

Thank you for your support

INFORMATION FOR WALKERS

5K "Walk for Cure" HYDE PARK LONDON ON SATURDAY 18th OCTOBER 2008

Thank you for registering to participate in the MPD-Support sponsored walk.

- We ask you to meet at the MPD-Support tent, which will be situated near the band stand. Walkers should arrive at 10.45am in order to register for an 11.30am start.
- Enclosed is a route map and directions on how to get to Hyde Park. There will be marshals at the Queen Elizabeth Gate to guide you to the MPD-Support tent. Hyde Park Corner tube station and Queen Elizabeth Gate are the nearest entry points to the MPD-Support tent.
- Please register your arrival at the MPD-Support tent where a marshal will confirm your mobile telephone number; all participants are requested to carry their mobile phone during the walk in case of any emergency. You will receive your MPD-Support cap and badge, which you should wear throughout the walk and will also be given a bottle of water. MPD T-Shirts will be available on the day of the walk.
- There will be marshals stationed along the route for guidance, first aid and assistance. They will be clearly identifiable by wearing MPD-Support hats and high visibility vests. Their positions and mobile telephone numbers are marked on the route map, please contact your nearest marshal or Yvonne Francis, the chief marshal in the event of any emergency during the walk.
- Once you have successfully finished the walk, please sign the completion form at the MPD-Support tent, where you will be presented with a certificate.
- Please bear in mind our British weather and come prepared for rain or shine!
- Umbrellas and sun cream are advised along with comfortable clothes and walking shoes.
- You are invited to join us for a Picnic (bring your own food) after the walk. Foods bags can be left at the MPD-Support tent at the owners own risk.
- Please note that the event is subject to short term cancellation in the event severe weather conditions. Where possible participants will be notified in advance.

The Royal Parks have kindly granted us permission to use Hyde Park and Kensington Gardens, however they do request that we follow and respect certain guidance and regulations:

- Please respect and where appropriate give way to other park users, cyclists, roller skaters, horse riders and cars that you may encounter on your walk. Participants in a sponsored event do not automatically have the right of way.
- The park has a network of cycle paths and horse riding paths. You are asked to take care and show caution when crossing these paths.
- Children are welcome but are the responsibility of their parents/guardians and must be closely supervised during the walk –especially near the waters edge and along roads. Buggies should be used as necessary.
- Wheelchair users are welcome – all toilets in the park have disabled facilities.
- Please only follow the route you have been given and as directed by the marshal stationed along the way.
- Please take care and show caution when walking along the waters edge.
- First Aid will be provided by some of the marshals. If you feel unwell please report to the nearest marshal. You are asked to carry a mobile phone with you to enable you to contact the chief marshal or dial 999 in an emergency. The nearest hospital is St Mary's Hospital, Praed Street, Paddington, 0207 725 6666.
- No BBQ or heating elements are permitted in the parks.
- Please do not use glass drinking beakers/glasses. Please ensure all ring pulls from cans of drink are disposed of sensibly in bins provided. Broken glass or ring pulls may become embedded in the grass and difficult to remove proving a hazard to fellow park users.
- Glass bottles must be opened by a responsible adult and disposed of sensibly in the bins provided.
- Please dispose of all rubbish in the black bin liners supplied and leave by the parks bins for collection.

For further information or queries please telephone Yvonne Francis on 0207 188 2708 or Hira Sisodia on 07833633505 between the hours of 9.30am and 5.30pm.

Directions to Hyde Park

By tube:

Hyde Park Corner or Knightsbridge (Piccadilly Line)

Marble Arch or Lancaster Gate (Central Line)

By bus:

Bus	From / to	Stops near Hyde Park
2	Crystal Palace Marylebone	Hyde Park Corner, along Park Lane, Marble Arch.
8	Bow Church Victoria	Hyde Park Corner.
9	Hammersmith Aldwych	Along Kensington Road.
10	Hammersmith Archway	Along Kensington Road, Hyde Park Corner, along Park Lane, Marble Arch.
12	Dulwich Notting Hill Gate	Marble Arch, along Bayswater Road.
14	Tottenham Court Rd Putney Heath	Hyde Park Corner.
16	Victoria Cricklewood	Hyde Park Corner, along Park Lane, Marble Arch.
19	Battersea Bridge Finsbury Park	Hyde Park Corner.
22	Putney Common Haymarket	Hyde Park Corner.
36	Lewisham Queen's Park	Hyde Park Corner, along Park Lane, Marble Arch.
38	Victoria Clapton Pond	Hyde Park Corner.
52	Victoria Willesden	Along Kensington Road, Hyde Park Corner.
73	Victoria Tottenham	Hyde Park Corner, along Park Lane, Marble Arch.
74	Roehampton Baker Street	Hyde Park Corner, along Park Lane, Marble Arch.
82	Victoria North Finchley	Hyde Park Corner, along Park Lane, Marble Arch.
94	Piccadilly Circus Acton Green	Marble Arch, along Bayswater Road.
137	Streatham Hill Oxford Circus	Hyde Park Corner, along Park Lane, Marble Arch.