



**Wight Cardiac Rehab sponsored Walk, Sunday 28<sup>th</sup> April – 10 am  
starting at Shide trees, (opposite National Tyres) Newport, walking to  
Merstone approx. 3 miles,**

- We are offering return minibus if you feel you are unable to walk back!
- I would like to take part in the sponsored walk for Wight Cardiac Rehab entry is by donation or by sponsorship

Name \_\_\_\_\_

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

Contact Number \_\_\_\_\_

**Contact Number on the day** \_\_\_\_\_

- I will be walking to Merstone (3 miles)
- I will also walk the return journey to Shide (total 6 miles)
- I will need a return mini bus from Merstone to Shide

The event will be covered by walking marshals and first aid will be available throughout the walk. If you feel you can't walk the 3 miles, mini bus will be on hand at Blackwater to help you back to Shide.

There will be a tea/coffee van available at Shide and we will have a few cakes!

Wight Cardiac Rehab will take every responsibility to make sure the walk is safely marshalled but we cannot be responsible for any injuries caused on this fundraising event, please sign to say that you understand this. For more information speak to Lyn or phone Karen 07779794103

Signed \_\_\_\_\_ Date \_\_\_\_\_

