

Anthony Nolan Challenge

# Castaway 5 Day Survival Challenge

Wed 24 June - Sun 28 June 2009 - Mystery Superb Location  
OR Sat 26 Sept - Wed 30 Sept 2009 - Uninhabited Island

Choose your date and book early! (Limited places)

A great fun event where you will learn survival skills and techniques whilst having an adventure of a lifetime. Help take back lives from leukaemia by entering this amazing sponsored event.

**ENTER ONLINE**

**[www.anthonynolan.org.uk](http://www.anthonynolan.org.uk)**

**01202 600629**

**[sharon.wells@anthonynolan.org.uk](mailto:sharon.wells@anthonynolan.org.uk)**

# Castaway 5 day Challenge

Wed 24 June - Sun 28 June 2009 - Mystery Superb Location

Sat 26 Sept - Wed 30 Sept 2009 - Island Location

The Anthony Nolan Trust is looking for willing participants to take part in one of the 5 day exciting survival challenges and help us take back lives from leukaemia. A great event, where you will learn all there is to know about survival skills and techniques, whilst having the adventure of a lifetime.

During the 5 days there will be fun challenges, tasks to complete such as:

- Building shelters from natural resources
- Purifying your water supply
- Fire lighting techniques
- Identifying edible plants/food
- Plus navigational skills, search & rescue, and a whole host of other "secret" fun challenges.

This event is suitable for any individual aged between 18 and 80 years, from all walks of life...It would also be ideal and suit teams of employees from companies as a motivational, team-building exercise.

The event commences at 10am on Day 1 and finishes on Day 5, mid afternoon (followed by an awards ceremony at a local venue).

## Entry

Your £75 entry fee covers the cost of staging the event and is non-refundable. This will ensure that all the sponsor money you raise will support our lifesaving work.

Places on these events are strictly limited to 24 people and must be booked in advance. You are advised to book early to avoid disappointment.

## Sponsorship

To take part we ask each participant to raise as much money as possible and to pledge to raise a minimum of £750. Full support and ideas for fundraising are given along the way.

## Online Fundraising

Don't forget to visit our website to set up your online fundraising page - [www.anthonynolan.org.uk](http://www.anthonynolan.org.uk)

## Further information

If you would like further information about this event or the work of The Anthony Nolan Trust please contact Sharon Wells on 01202 600629 or email [sharon.wells@anthonynolan.org.uk](mailto:sharon.wells@anthonynolan.org.uk)

## Castaway 5 day Challenge Entry Form

Please complete one entry form per participant (photocopy if you need more)

Title  First name  Surname   
 HOME Address   
  
 Postcode

if you are happy for us to contact you by phone, mobile or email please write you details below.

Tel (day)  Tel (eve)   
 Mobile  DOB   
 Email

If you are taking part in a team, what is your team name?   
 How did you hear about this event?   
 What is your employer's name?   
 Does your employer operate a "matched giving scheme"? Yes  No   
 Do you have a special reason for taking part?   
 If yes what is your reason?

Would you object to us using your story in a local paper to publicise our event? Yes  No

Which event would you like to enter?

- June - Picturesque location  
 September - Island location

I enclose a cheque made payable to The Anthony Nolan Trust or credit card payment details

|  |       |                        |
|--|-------|------------------------|
| Entry Fee - £75 per person   | £     | <input type="text"/>   |
| Personal Donation (in addition to sponsorship)   | £     | <input type="text"/>   |
| Anthony Nolan T-Shirt (£8 each)  | £     | <input type="text"/>   |
| Anthony Nolan Skinny T-Shirt (£8 each)   | £     | <input type="text"/>   |
| Size <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL | Total | £ <input type="text"/> |

Gift Aid (tick this box) I am a UK taxpayer and would like my personal donation to be gift aided (increase the value of your donation by 28% at no cost to you)

Card No.   
 Issue No. (Switch/Solo)  Valid from date   
 Expiry date  3 digit code   
on reverse of card

I, the undersigned, wish to take part in the above Anthony Nolan Challenge. I understand that this is done at my own risk and I absolve The Anthony Nolan Trust from any injury incurred or any damage to property through participation. I fully understand that this is a sponsored event and I promise to raise the minimum sponsorship and to bring the minimum amount on the day of the event.

Signature  Date

4 ways to enter:

ENTER ONLINE

[www.anthonynolan.org.uk](http://www.anthonynolan.org.uk)

POST your completed entry form to The Anthony Nolan Trust, Ashwood House Starlaw Road Livingston EH47 7BW

FAX to

01506 651413 (credit or debit card)

TELEPHONE

01506 655361

(credit or debit card)

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