

Dear Walker

We are looking forward to welcoming you to WalkWithMe 2025 on Sunday 11th May. This letter outlines the details of the day. We have tried to cover everything you need to know but if you have any questions, please do not hesitate to contact us at walk_with_me@yahoo.com.



Please do take the time to read all these details.

Key Points for the Day

- Park at Moultsford School Pre-Prep car park opposite the entrance to Moultsford School or at Cranford House School OX10 9HT and walk over the road to Moultsford School OX10 9HR. Please note there is strictly no parking at Moultsford School itself.
- Check in and collect bib from the Sports Hall (if not already collected on Saturday afternoon, see below).
- Check in – from 6.15am
- Welcome and Safety Briefing – 6.45am
- Start – 7.00am
- Finish Line celebrations – friends and family are welcome to come along from 1.00pm onwards to cheer you over the finish line in the grounds of Moultsford School. Food and drink will be available (see below).

Cancellations

If, for whatever reason, you have registered to take part in this event but you find between now and the 11th May that you are unable to take part, please let us know that you are not coming along by sending an email to walk_with_me@yahoo.com. This is very important and really helps us with logistics on the day.

Check In

It is very important that you check in with us in the Sports Hall before the event and collect your **unique walker number bib** and safety pins which will enable us to keep track of you on the course. The bib has your unique walker number on it. Please wear your bib on your front. At each check point/water station along the route you must check off your number with the marshall. A map of the route showing the marshall and checkpoints is attached.

Collecting your Unique Walker Number Bib

- Saturday 10th May at Moultsford School, OX10 9HR, 2.00pm - 4.00pm

We would love as many of you as possible to check in and collect your walker number bib and a goody bag on the Saturday before the event as this will ease congestion at the check in desks on the day. You can collect a bib on behalf of a friend. We will be at Moultsford Pre-Prep School, opposite the main entrance to Moultsford school, from 2.00pm – 4.00pm.

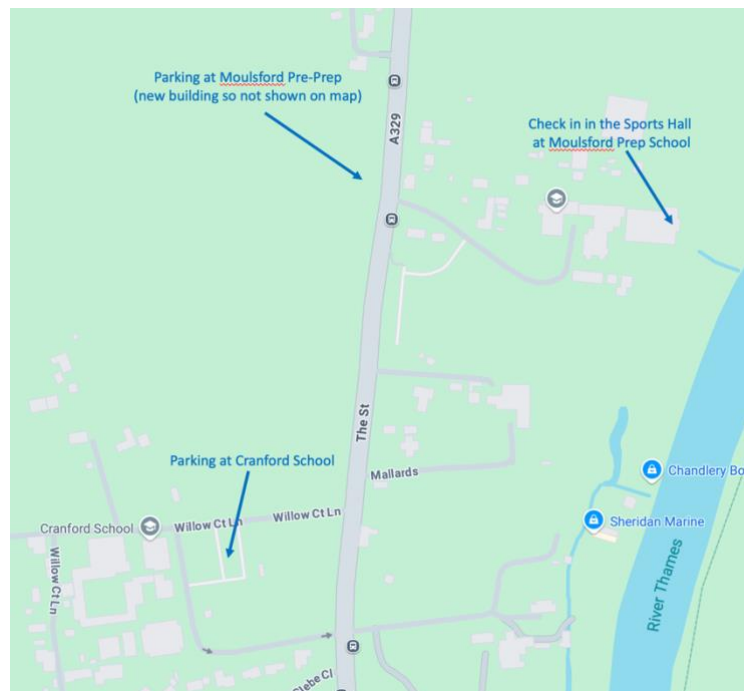
- Sunday 11th May

On Sunday, if you have not been able to check in on Saturday, please aim to arrive at Moultsford School Sports Hall as close to 6.30am as possible. The check in desks will be open from 6.15am.

Parking

Parking for walkers and their supporters is at Moultsford School Pre-Prep, opposite Moultsford School and at Cranford House School, OX10 9HT, located just a bit further down the road. Please park at the school house end of the car park at Cranford and not at the astro turf end as this is reserved for Wallingford Hockey Club who use the astro turf on Sundays.

Once you have parked, make your way to the Sports Hall at Moultsford School. Please note **THERE IS NO PARKING AVAILABLE ON THE MOULSFORD SCHOOL DRIVE**. All cars MUST be collected from the car parks before the end of Sunday to avoid causing congestion during the school day on Monday.



Before the Walk Begins

At 6.45am there will be a welcome, safety briefing and warm up with local Personal Trainer Emma-Jane Taylor. We will then set you off at 7.00am.

Personal Belongings

If you bring a bag with you that you do not need to take on the walk, you can leave it in the Sports Hall. Please ensure your bag is clearly labelled with your name and contact number. All bags and belongings must be collected after you have completed your walk. Please note the organisers cannot be responsible for your belongings and they are left at your own risk. You may like to leave a pair of loose fitting shoes there – it's a great feeling taking your walking shoes off after 26 miles; not so great if you have to put them back on again!

Route

A map of the route is attached and available to view on the website, www.walkwithmeuk.org. **PLEASE PRINT THE MAP AND BRING IT WITH YOU ON THE DAY**. There will be marshalls to direct you and logos with arrows along the route at major junctions. If in doubt, and where there is no sign, keep walking straight on.

Using OS Maps

If you have the OS Maps app on your phone you can upload the route and follow it on the day. If you would like us to send you the route map on OS Maps, please drop us a line by email.

Sticking to the Path

At all times, please stick to the designated footpaths, and please close all gates behind you. We would be very grateful if you could respect the habitat and follow the Countryside Code at all times.

Marshalls, Check Points and Water Stations

There will be check points and water stations at 4, 10, 16.5 and 22 miles. There will be water for you to fill your water bottles with, bananas, satsumas, flapjacks and brownies.

*****As you go through each check point please make sure the marshalls check your walker number against their list.***** If it is quiet, you may be able to shout out your number as you stride past! If it is busy, PLEASE take the time to ensure your number has been noted. This will enable us to track the

progress of all the walkers and identify if anyone is missing. It is your responsibility to make sure that you have been checked off at each water station otherwise we will have to spend time looking for you. We do not want to be combing the countryside late at night searching for you if you are safely tucked up at home or in the pub! **Please share some love with our marshalls - they are all volunteers.**

There are a few roads to cross during the walk, some of which will have a marshall to assist you as you cross. On unsupervised road crossings please take care.

*****Should you decide to stop walking at any point you must either advise a marshall at one of the water station check points or call the Moultsford base camp contact number*****. We may be able to collect you but if not, it is then your responsibility to call family or friends to collect you from the point that you have stopped.

Check Point Closing Time

As stated in our terms and conditions;

1. At any time in the walk, marshalls have the right to retire anyone who is walking at a pace that will not enable them to finish the walk by the finish-line closing time of 5.00pm (10 hours after the start time). Any participants who reach the marshall point at 22 miles at or after 3.00pm will be asked to retire and taken to the finish line at Moultsford School by car.

2. These cut off times are for your safety and the safety of the marshalls and support services who are all volunteers.

Nutrition

On Saturday 10th make sure you keep hydrated and have a good supper. Limiting your alcohol intake will help with your hydration. We know that many of you will not feel like eating a great deal when you get up early on Sunday morning, however do try and have some cereal or ideally porridge and if nothing else, bring a banana or cereal bar with you to eat once you have checked in and before we set-off.

What to carry

1. Water
2. Mobile phone – don't forget to charge it and input the emergency contact numbers supplied below.
3. Blister plasters, painkillers, Ibuprofen.
4. Sweets, energy gels, snacks, food to keep you going, although there is food at the check points.
5. Lip-salve, sun cream, tissues.
6. Spare socks if wet.
7. The route map and emergency contact info unless you have already entered this into your phone.
8. A payment card for the finish line celebrations (see below).

What to wear

Please visit the website at www.walkwithmeuk.org and look at the Advice section for additional information. It may be chilly when we set off at 7.00am so we recommend you wear lightweight layers that you can then easily carry as you warm-up. If it is wet, a spare pair of socks and a waterproof coat is advisable. Don't forget sun-cream and a cap if the weather is sunny.

Feet

Trim your toe-nails! If you have a blister before you walk, put a plaster on it. If you feel a blister developing during the walk, STOP and put a plaster on it. Bring a change of loose-fitting shoes for the end.

Injuries

Listen to your body and stop at a check point / water station if you are in pain. It is far easier to be collected from a main check point than from in between them. Please walk safely and don't carry on if you are in discomfort as you may pay the price for misplaced 'bravery' for weeks after the walk.

The Finish

*****It is vital that you "check in" with your walker number at the finish line so we know you have finished.*****

WalkWithMe Finish Line Celebrations

Moulsford School has once again kindly given us use of their grounds where family and friends can meet and eat and children can play as they eagerly await your return from the walk! Please note that children must be supervised at all times as the school is located on the river and that at no time may any child go beyond the fence at the river's edge. Food will be available from 1.00pm – there will be a BBQ serving burgers and sausages (veggie and vegan available), a bar serving fizz, beer and wine, ice creams, soft drinks, tea, coffee and cakes.

There will also be a massage service for walkers. Donna Thomson from Luv My Oil will be offering a 15 minute leg massage for £15. And why not try your luck in the lucky dip raffle with lots of lovely prizes from some fabulous local businesses.

Our preferred payment method for everything at the finish line is by card rather than cash.

Please encourage your families and friends to come and enjoy the food, drink and party atmosphere as this will also aid our overall fundraising. **If you decide to bring your dog along to the finish line it must be kept on a lead AT ALL TIMES.** And please pick up after it – remember we are in the grounds of a school. As a reminder, dogs are not permitted on the actual walk. If the weather is wet all finish line activities will take place in the Sports Hall.

Sponsorship

This event is all about raising as much money as possible for Maggie's and No5. Your registration is already directly donated to our chosen charities. If you have not yet paid your £65, please can we encourage you to do so as soon as possible. Many of you have started to raise money through sponsorship and now is the perfect time to send out your sponsorship forms to friends, family and colleagues. Just send the link to our fundraising page by email (see the link below), it is so easy to do. **Every penny raised makes a difference.**

<https://www.walkwithmeuk.org/fundraising>

Finally, don't forget that this is WalkWithMe, so on the day if you see someone walking alone, please include them in your group. It's much more fun to walk this distance together!

If you have any further questions, please don't hesitate to contact us at walk_with_me@yahoo.com. We look forward to seeing you on the 11th May!

Best wishes and happy walking!

Annie, Clare, Laura, Laura, Lucy, Mel, Salli and Victoria

GETTING TOGETHER, GETTING FIT (AND HAVING FUN), MAKING A DIFFERENCE!

Emergency Contact Numbers (pop them into your phone)

Emergency Services	999
Thames Valley Police	01865 841148 / 0300 123 2040
NHS Direct Advice Line	111
John Radcliffe Hospital A&E	01865 337267 / 0300 304 7777
Abingdon Minor Injuries	01865 903476
Henley Minor Injuries	01865 903755
WWM Base Camp	07884 111238 / 07702 919616

WWM 2025

Route and Marshall Points with estimated mileage



Out



Return

1 - 1.5 miles Road Crossing

2 - 2 miles Direction

3 - 4 miles Check Point and Coffee Station

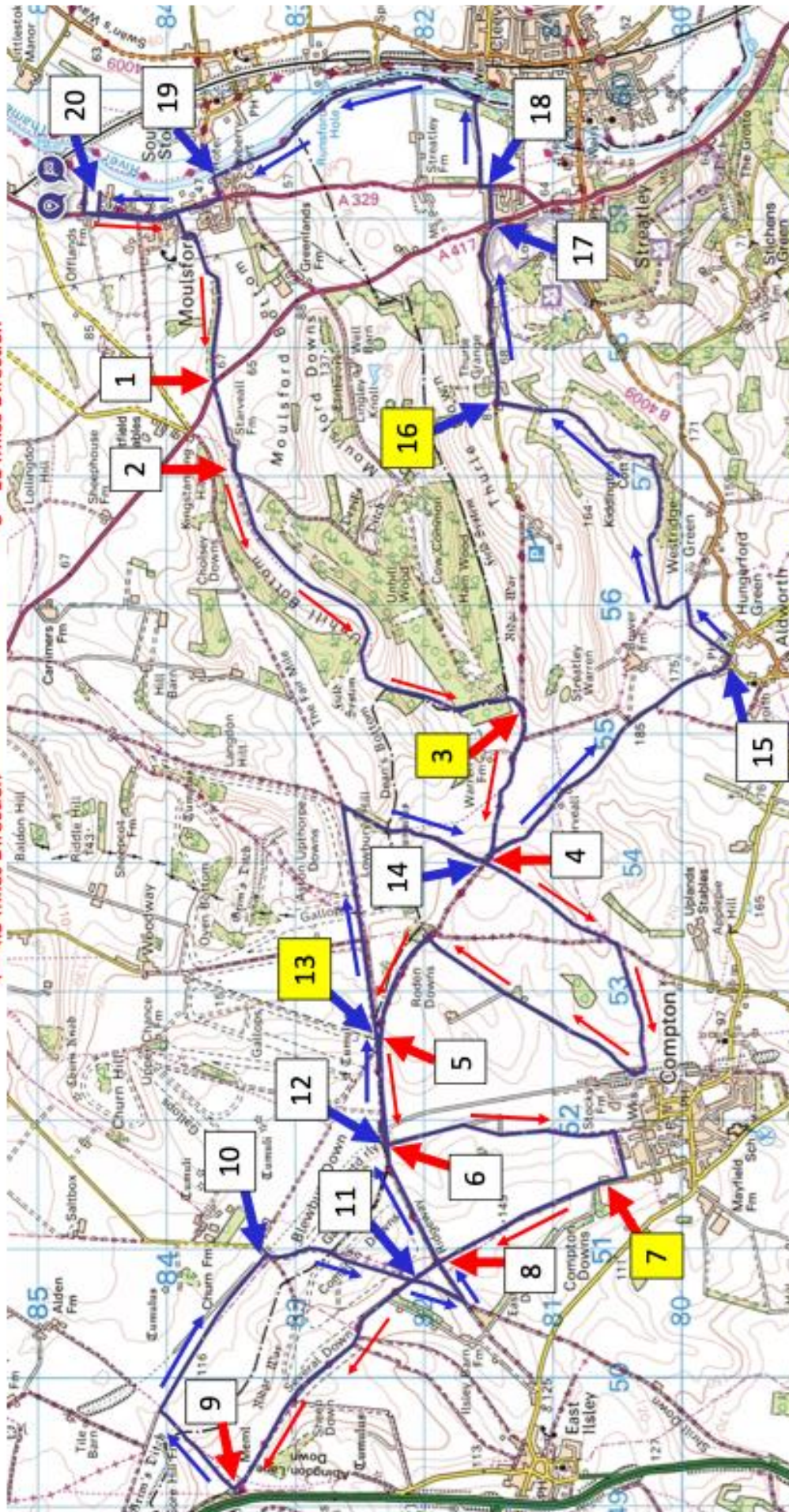
4 - 4.5 miles Direction

5 - 8 miles Direction

6 - 8.5 miles Direction

7 - 10 miles Check Point and Water

8 - 11 miles Direction



9 - 12.5 miles Nearly Half Way, Direction

10 - 14 miles Direction and Photographer

11 - 15 miles Direction

12 - 16 miles Direction

13 - 16.5 miles Check Point and Water

14 - 18.5 miles Direction

15 - 20 miles Direction

16 - 22 miles Check Point and Water

17 - 23 miles Road Crossing

18 - 23 miles Road Crossing

19 - 25.5 miles Direction

20 - 26 miles Finish Line