



Dorset Walk 2022





Sponsorship

Sponsor forms

Just giving website

Malcolm Whales website



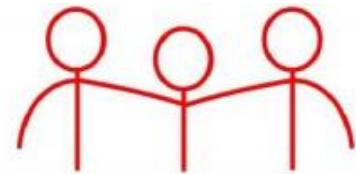
The Malcolm Whales Foundation

What we
with



The Malcolm Whales Foundation

What we have supported
with our fundraising:



The Malcolm Whales Foundation

Grafham Water Sailability



Providing valuable funds for a much needed revamp to allow access to sailing to enrich people's lives.

Grafham Water Sailability



A Malcolm Whales Sponsored Boat.

Funding for a boat to be used at
Graham Water for those with
disabilities and cancer.

Do you know somebody who
would gain from using the boat?

Addenbrooke's Children's Cancer
Ward Donation of iPads



The
Harry Johnson
Trust



Supporting The Harry Johnson Trust
in providing a sensory garden at The
Princess Royal Hospital Telford.

Holiday Experiences



Sponsoring those holiday
experiences which give a lasting
memory and rebuild people's lives.



Part funding research into
the link between Li
Fraumeni Syndrome and
cancer. This research could
shed light on how to
reduce the risk to so many.



Christmas donations to Addenbrookes (C2
Ward) and Peterborough Hospital.



If you are interested in getting
involved....get in touch!



The George Pantziarka
TP53 Trust

Helping families with Li Fraumeni Syndrome
and related conditions

-Sponsoring families to have a well deserved holiday.



This years project – A Lake Side Retreat.



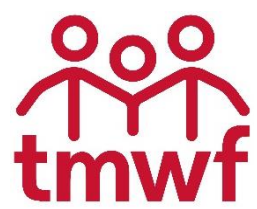
The Malcolm Whales Respite breaks

We are delighted to announce our major project for 2022.

TMWFs biggest fundraiser ever has launched. This year's challenge is to raise £65,000 to build **The Malcolm Whales Lakeside Retreat**. The lodge will provide a free respite breaks for families and individuals affected by cancer.

The lodge will be situated on the bank of 'Rook' fishing lake at Rookery Waters, Pidley. It will provide quiet and essential family time. It is situated 4 miles from Warboys, 11 miles from Huntingdon and 22 miles from Cambridge.

Rookery Waters is a quiet family run leisure facility with seven lake fisheries, a tackle shop, a café, a caravan site and holiday lodges all located in the quiet Cambridgeshire countryside.



Travel – Ely to Dorset

Thursday 14th July

Meet approx. 8.30-8.45am. Venue to be Confirmed (letter)

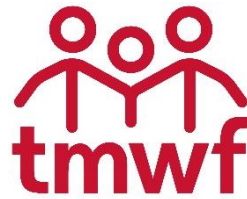
Greys of Ely coach - Luggage – Tent, bag/case with clothes, rucksack.

Depart 9am – Stop at Fleet Services 11.30am – Arrive at Camp 3pm.

- For the journey – Money/Food, individual entertainment.

Evening meal – Provided 5.30pm.





Travel – Dorset to Ely

Monday 18th July

Depart approx. 8.30am.

- Get up and pack away 7 - 7.30am

Stop at Fleet, or South Mimms Services 11.30/12.30

Arrive in Ely approx. 2.30pm. (students to confirm with parents)



Camping





Camping

Make sure you know how to put up your tent.

- Make sure it has all the parts.

If you don't have a tent.....

- Can you share with anyone you know?
- Tents will be available to borrow and use (2's and 4's)

Limited Electricity charging point.

Phones – think about how much you use these and how you charge these.







Raising money for bowel and children's cancer

www.justgiving.com/Im

Camping – Burnbake Campsite, Corfe Castle

<https://www.burnbake.com/>

Showers

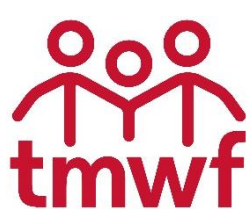
Toilets





Walking





Walking

Fri – 13 miles Weymouth to Lulworth Cove

Sat – 13 Miles Lulworth Cove to Kingston

Sun – 14 miles Kingston to Studland





Weymouth





Lulworth Cove







Look at those inclines











Get in line



Practice walks

Fitness levels



Swanage

Grab yourself
an ice cream



Knoll Beach - Studland

A large group of runners, mostly men, are captured in motion during a race. They are wearing matching maroon t-shirts with a white logo and black athletic shorts. They are running along a wide, sandy beach that stretches from the foreground into the distance. The runners are in various stages of their stride, with some looking forward and others glancing back. In the background, a dense line of green trees borders the beach, and a small, dark-colored building is visible among the foliage. The sky is bright and clear, suggesting a sunny day. The overall scene conveys a sense of energy and competition.

Sprint Finish



Food



What are we going to eat?

Thurs – Own packed lunch/services and then evening meal is provided.

Fri – Packed Lunch and evening meal provided.

Sat – Packed lunch and Campsite

Sun – Packed lunch and Swanage

Mon – Travel home and Services stop

- Breakfast – Bring your own cereal, milk is provided. Bacon Rolls....to purchase
- Bring your own Bowl, Plate, Cutlery.



Packed lunch





Dinner time – Grubs up





Equipment

What do you need to bring?

- [Equipment list](#) + shorts to walk in
- Money
- Walking boots/trainers (to walk in and to socialise in)
- Appropriate clothing (cool in the evening, will it rain?)



+ shorts for walking in

KIT LIST WHAT DO YOU NEED TO BRING?	○	○	○
	Essential	Recommended	Optional
Walking Equipment			
Rucksack (Minimum 20 Litre)	○		
Walking Boots/Trainers	○		
Warm Clothing		○	
First Aid Kit	○		
Waterproof Jacket	○		
Waterproof Trousers		○	
Emergency Food - (Non-Perishable)	○		
Water Bottle	○		
Mobile Phone	○		
Camping Equipment			
Sleep Bag & Pillow	○		
Roll Mat			○
Plastic Bags For Dirty Clothing		○	
Bowl/Plate/Mug	○		
Knife/Fork/Spoon	○		
Sun Cream	○		
Tent	○		
Jumper		○	
Warm Jacket		○	
T-Shirts		○	
Trousers		○	
Jeans			○
Underwear	○		
Socks	○		
Hiking Socks			○
Cereal		○	
Cordial			○
Money	○		
Wash Kit & Towel	○		
Torch With Spare Batteries	○		



Expectations

Keep up with the person in front

Stick to the Path

**Remain on camp – no going into
the forests**

**No smoking, No Vaping,
No Alcohol.**