

**Kettering Leg**  
**Friday 30<sup>th</sup> March - Sunday 8<sup>th</sup> April 2012**



**If you think you're interested in walking Student Cross this year, read on and find out more about it...**

Student Cross is an annual pilgrimage to Walsingham. Eleven groups of people of various denominations and none walk from different locations in England, and arrive in Walsingham on Good Friday to celebrate the Easter liturgies together. Each group, or 'leg' has its own character, and this pack has been put together by leadership team of Kettering Leg 2012.

The pack consists of:

1. An introduction to Kettering Leg
2. The details
3. Registration form

We hope that after reading this information you will want to join Kettering Leg on its journey to Walsingham.

If you have any questions about Kettering leg email us at [kettering-leg@studentcross.org.uk](mailto:kettering-leg@studentcross.org.uk) or contact Claire on 07894 533299.

If you'd like information about the other legs, email this year's General Organising Director (GOD) for this at [god@studentcross.org.uk](mailto:god@studentcross.org.uk)

It's also worth checking out our web site [www.studentcross.org.uk](http://www.studentcross.org.uk)

We look forward to hearing from you

Claire, Tara Dan and Lisa  
Kettering Leg Leadership team 2012

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**An introduction to Kettering Leg**

Kettering Leg are traditionally a diverse bunch. Every year we welcome new walkers, and welcome back old hands.

We walk from just outside Kettering in Northamptonshire to Walsingham in Norfolk, spending each night in a different town or village.

Each day includes liturgy (morning prayer, personal reflections on route, and perhaps Mass or a penitential service), walking, a break for sandwiches in a pub or tea and cake in a local parish, and relaxing in the evening. Some nights we cook together, and sometimes we are cooked for in style. While our week is spent very much as a group, there are opportunities for space and quiet, both while walking and in the evenings. For some, the week is contemplative, for others, it's enough to get away from the demands of everyday life, and to enjoy singing everything from hymns to pop songs and pub songs. For all of us it is a journey towards Easter and towards God.

We carry with us a cross. Groups of three people take it in turns to carry the cross on their shoulders, for a few minutes at a time. It does not add much to the demands of the journey, but it is an important symbol for us, and for the people we meet on our way.

Although the week is physically demanding, you do not need to be super-fit, our bags are taken by car to each night stop and there is a support car always to hand. If you walk with us, you will no doubt be tired at the end, but we think you will feel recharged, not just fitter.

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**The details...**

**When and where**

We will meet in Desborough in Northamptonshire on the evening of **Friday 30<sup>th</sup> March**. We will begin walking the following morning, and over the course of seven days will walk the 120 miles to Walsingham. We arrive on Good Friday, and celebrate the Easter liturgies together with others who have walked different routes. We leave Walsingham on Easter Sunday afternoon (**Sunday 8<sup>th</sup> April**). More details will be provided nearer the time.

**Cost**

Each person is asked to pay something to help cover the cost of getting the Leg to Walsingham, and to contribute to preparation costs. This includes the cost of food and accommodation. This year we are asking for a contribution of

- £45 unwaged or low waged walkers and students
- £130 for waged walkers

Please do not be put off by the costs. If you would like to walk and are not able to contribute financially to the Leg, don't worry there are funds available.

We need a £30 deposit to secure your place on Kettering Leg, and the rest can be paid between now and the start of the walk.

**What additional costs can I expect**

You will need extra money to pay for...

- Drinks in pubs (e.g. at a lunchtime stop or in the evening).
- Travel to Kettering and away from Walsingham. There are coaches to Peterborough, London and Leicester from Walsingham on Easter Sunday (approx £15). Please let us know if travel costs are an issue; we may well be able to either help financially or find someone who can offer you a lift.

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**How difficult is the walking?**

Each day we walk between 15 and 20 miles. We have a support car for people who are unable to walk for a stretch, but most people walk all the way. We also have a qualified first-aider and a comprehensive first-aid kit. Most injuries are minor (e.g. blisters, the occasional twisted ankle) and we warm up and warm down before and after walking.

**Insurance**

We advise all our walkers to take out travel insurance for the pilgrimage, as you are not insured by Student Cross for personal loss or injury.

**Can I take part if I am under 18? / Can I bring someone under 18?**

Kettering Leg is primarily for students in higher education, former students, and other adult friends. Decisions about under 18's walking Kettering Leg need to be taken in advance and arrangements made. Please contact the leadership team about this.

**How do I sign up to walk Kettering Leg 2012?**

Please return the application form with your deposit of £30 to Claire Brennan 1 Stafford Court, Stafford Road, Seaford, East Sussex, BN25 1UE. Once the form has been sent in, you can relax in the knowledge that you have chosen to spend Holy Week with Kettering Leg. A few weeks before Student Cross begins, we will send you more information about the pilgrimage and a list of contact numbers for during the week.

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**Kettering Leg Application, 2012**

To secure your place on Kettering Leg 2012, a deposit of £30 should be sent with this application form. Cheques are made payable to 'Kettering Leg of Student Cross'.

**Personal details:**

Name:

Address:

Home Phone:

Mobile:

E-mail address:

**Emergency Contacts**

(Please note: at least one of your emergency contacts should not be walking Student Cross 2012 and at least one emergency contact should be in the UK)

**First Emergency Contact**

Name:

Relationship:

Address:

Home Phone:

Mobile:

Work:

**Second Emergency Contact**

Name:

Relationship:

Address:

Home Phone:

Mobile:

Work:

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**Payment**

The student Cross Association provides bursaries to assist pilgrims for whom financial constraints would be a barrier to participation. Money can be provided direct to Legs in support of a specific pilgrim to help cover the cost of the pilgrimage, or to assist with travel or equipment costs (e.g. a sleeping bag). If you require support, please select the third box below and the Leg Leader will contact you in confidence for further information.

- I am unwaged/low waged and enclose full payment of £45.  
 I am unwaged/low waged and enclose deposit of £30.  
 I am unwaged/low waged and would like financial help to walk Student Cross.  
 I am waged and enclose deposit of £30.  
 I am waged and enclose full payment of £130.

**Dietary Requirements**

- I am a vegetarian  I am a vegan  
 I have a special dietary requirement. Please give details.

**Medical Condition**

- I have a food allergy/medical condition the leadership team need to know about (*This will be treated in complete confidence*). Please give details.

**First Aiders**

- I am a qualified first-aider/nurse/doctor.

**Drivers**

- I can drive and would be willing to during the week  
I passed my test in:

List any car accidents you have been involved in, in the last five years and penalties/convictions.

- I am willing to lend my car to be used as a leg car for the week.  
Please give details:

**T-shirt size**

We hope to provide a t-shirt for each walker. Please give your size so we can provide the correct size for you

- Small  Medium  
 Large  Extra large

**Music**

- I play an instrument and would like to bring it to Student Cross. Please give details:

**Availability to Walk**

If you are not intending to walk the whole week please state which days you will be walking.

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**Photos**

Photographs taken during the pilgrimage may be used for publicity purposes (including online). If you do not wish your image to be used in this way please check this box

**Walsingham**

We organise accommodation and meals at the pilgrim bureau during our time in Walsingham, however, if you wish you can make alternative arrangements for the weekend, please let us know if you plan to do this.

- I will arrange my own accommodation for the weekend in Walsingham.
- I will arrange my own meals during the weekend in Walsingham.