

# Join us for our 4th Run to Remember

## Race Entry Form

**1km Family Fun Run  
5km Run and 10km Run**  
Sunday 19th September 2010



This year the 'Black Pear Joggers' are very kindly co-ordinating the run.

### 1km Family Fun Run 10.15am

Run, jog or walk this gentle 1km Race which is suitable for all ages and abilities. Entrants, young or old, may want to dress up in animal outfits or wear masks in celebration of Noah's Ark. Please register via the Race Entry Form or on the day between 9-10am. There will be children's entertainment, a bouncy castle and fun challenges to join in with on the day. All finishers will receive a medal and sports bag. **ENTRY FEE - BY SPONSORSHIP** (suggested minimum £25).

### 5km Run and 10km Run 11.00am

Our 5km Run is one lap around the gentle undulating Worcestershire woodlands and meadows. For those who like more of a challenge, the 10km Run is two laps of the course. Pre-registration is advisable as places are limited. Age limit: 14 years and over for the 5km Run; 15 years and over for the 10km Run. Individual first prizes for the men's 5km and 10km and the women's 5km and 10km. All finishers will receive a medal. **ENTRY FEE FOR 5km £8 (£6 UKA affiliated runners).**

**ENTRY FEE FOR 10km £12 (£10 UKA affiliated runners).** Alternatively - **DO NOT PAY THE ENTRY FEE** - raise sponsorship to support our work. Please pre-register for runners numbers, sponsorship forms etc. Registration is available on the day, but please allow plenty of time. It is advisable to register in advance to avoid delay.

We regret that entry fees are not refundable nor transferable.

(Please print clearly in **BLOCK CAPITALS**)

Full Name/Lead Name for Fun Run:

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Male/Female: \_\_\_\_\_ Age on 19/9/10 \_\_\_\_\_

Affiliated Club: \_\_\_\_\_

Chosen Run (Tick as appropriate)

**1km Family Run** Number of Entrants \_\_\_\_\_

**5km Run**

**10km Run**

I would like confirmation of entry by email:  Yes  No

I enclose the sum of:

Entry Fee £ \_\_\_\_\_ Donation to NAT £ \_\_\_\_\_ Total £ \_\_\_\_\_

I do not enclose the entry fee, but pledge to raise at least the minimum sponsorship fee of £ \_\_\_\_\_ (see above for guide)

#### Declaration:

I declare that I am medically fit to run at my own risk and that the organisers will in no way be held responsible for any loss, injury, accident or damage that may occur as a result of my participation. I agree to abide by the current UK Athletics competition rules, race terms and conditions as detailed at [www.noahsarktrust.co.uk](http://www.noahsarktrust.co.uk) I confirm that I am over 14 years for the 5km Run or over 15 years for the 10km Run.

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

(Parent or Guardian to sign if entrant is under 16 years on the day of the run)

Please sign and return the Race Entry Form, together with a stamped addressed A5 envelope (please ensure the correct value postage is used, or entries will not be processed) and cheque made payable to 'Noah's Ark Trust' to: **Run to Remember, Noah's Ark Trust, One Coventry Place, Blackpole East, Worcester WR3 8SG**  
Tel: 01905 340019 **ALL PROCEEDS TO NOAH'S ARK TRUST: WWW.NOAHSARKTRUST.CO.UK**



**Noah's Ark Trust**  
Bereavement support

we support young people, children and their families  
after the death of mum, dad or someone close