

Castle Point Joggers

BLUEBELL 5



8th May 2016, 10:30 start

Castle Point Joggers and Essex Wildlife Trust are proud to present the Bluebell 5

An undulating 5 mile off road run through 92 acres of spring flowers, ancient woodland and meadows on the lovely Little Haven Nature Reserve (by Rayleigh Weir on the A127), helping to raise funds for Essex Wildlife Trust (Charity No 210065). All profits will help maintain the reserve so please feel free to round up your entry. Full changing, parking and toilet facilities will be available at the Deanes Sports Centre, Daws Heath Road SS7 2TD.

There will also be a wonderful selection of homemade cakes and refreshments in the main hall.

Prizes: 1st/2nd/3rd Male/Female 1st Male/Female Vet

Name..... Tel No.....

Address..... Post Code.....

Email..... Running Club.....

Please tick.

Male (under 40 on race day) [] Female (under 35 on race day) []
 Male Vet (40 & over) [] Female Vet (35 & over) []

Send entries to Chris Cammidge, 2 Blenheim Mews, Leigh on Sea, Essex, SS9 3DZ, by 29 April, suggested donation of £8 (£9 on the day). Cheques payable to Essex Wildlife Trust and please enclose a S.A.E 6" x 9"

I am medically fit to run. I understand that the course, over woodland and meadow, may be uneven and slippery and I should leave sufficient space to see the ground in front.

GIFT AID IT !

Please treat this donation as gift aid [] *please tick if applicable*

* I would like EWT to reclaim tax on the donation made on the date shown. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April 2008. (Delete if not applicable)

Signature over 18's..... DATE.....

We welcome runners between 14 & 18 years, please email info@castlepointjoggers.co.uk for a separate application form.

Office Use Only: Date banked.....

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Application form for runners between 14 and 18 years of age.

Thank you for entering the Bluebell 5 race, we hope you have an enjoyable day.

Name.....Age on race
day.....M/F

Address.....
Postcode.....

Telephone.....

Medical Information eg. diabetic, asthmatic, allergies (medicines, foods or stings etc.)
.....

Will parent or guardian be present throughout the event? Y/N

Emergency contact 1 Name.....
.....Relationship.....Telephone.....

Emergency contact 2 NameRelationship
.....Telephone.....

Whilst considerable care is taken to organise a safe event I understand that the course is through woodland and meadow which will be uneven and may be slippery.

My child is medically fit to run 5 miles.

I give my consent to my child receiving emergency medical and dental treatment and for anaesthetic to be administered and for an operation to be performed if such treatment is desirable. I understand this is only to be used in a situation where the organisers are unable to contact me.

Parent/ Guardian

Name.....Signature.....Date.....

Please return to Chris Cammidge, 2 Blenheim Mews, Leigh on Sea, Essex, SS9 3DZ

Please enclose cheque for £8 payable to Essex Wildlife Trust and a 6" X 9" SAE

Closing date for postal applications 29 April. Sorry but no youth entries on day.

Many Thanks