



CHILDREN

WITH **CANCER** FUND



CWCF's Run to Run

Mini Mile, 5km & 10 km "FUN RUN"

Saturday 20th May 2017

10.30_{am} Mini Mile & 11.30_{am} 5km & 10km

On the Polegate Cuckoo Trail

This is a Mini Mile, 5km & 10km "fun" event that you can either run, jog or walk. It will begin & end at Polegate Primary School, School Lane, Polegate ([BN26 6PT](#)). It is a smooth terrain event along the Cuckoo Trail.

The event will not be timed but a medal will be awarded to all finishers, and fancy dress is optional.

Children under 12 **must** be accompanied by an adult.

Please print off this entry form or collect one from CWCF. Please fill out and return to:

CWCF Run to Run, 64 Windsor Way, Polegate BN26 6QF. We will send you by return, your entry band to be worn on the day & a sponsor form so your friends can support you.

Entries are available on the day but please enter by 9.30am for the Mini Mile & 10.30am for the 5km & 10km.

Entry fee: £10 adults, £5 children. (All profits to help run CWCF-Polegate)

CWCF is a small charity helping families locally who have a child that is/or has suffered from cancer. The charity has now grown to the point where we need support from part time paid staff. By taking part you are helping them to help the families we support in East Sussex, Brighton and Hove. THANK YOU.

CWCF Mini Mile, 5KM ,10KM FUN RUN ENTRY FORM.

(Please circle)

SURNAME: _____ FIRST NAME: _____ MM / 5K / 10K

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SURNAME: _____ FIRST NAME: _____ MM / 5K / 10K

SURNAME: _____ FIRST NAME: _____ MM / 5K / 10K

ADDRESS: _____

PHONE NO: _____

E MAIL: _____

Twitter: _____

AGE IF UNDER 18: _____

All runners aged under 18 **MUST** have their Parent's or Guardian's permission to enter the event.

Parent / Guardian Name: (Please sign) _____

Parent / Guardian Name: (Please print) _____

DECLARATION: *I agree to abide by the rules of this event and that the officials' decisions will be final. I confirm that I/we have no medical disabilities that would endanger myself or others taking part (and I will not run on the day if not fit). I understand that the organisers are not liable for any loss, damage or injury HOWSOEVER caused before, during, after or as a result of my entering the race. A signed Entry Form will be considered acceptance of UK Athletics Rules. Photos will be taken at this event and may be used on social media, websites and in newsletters.*

Person signing is signing to say they all accept the Declaration if more than 1/family entry.

SIGNED: _____ DATE: _____

Please print off and send entry form and payment: (cheques made payable to "CWCF") to: -

CWCF (Run to Run), 64 Windsor Way, Polegate, East Sussex BN26 6QF

Any enquiries to 01323 488561 or E-Mail: fundraising@childrenwithcancerfund.org.uk

Please feel free to post any photos on our Facebook Page: - Children With Cancer Fund - Polegate

Or on Twitter: @CWCFPolegate and use #runtorun in your tweets

Water stations will be at various points of each run.