

15TH ANNUAL WAKEFIELD HOSPICE CITY 10K ROAD RACE

Kindly sponsored by

 **wakefield**
City of Wakefield Metropolitan District Council

 **Harratts**

**+ 1km
& 3km
Fun Runs!**

**RUN WAKEFIELD
FOR WAKEFIELD**
Sunday 28th March 2010

Registration at Clarence Park

Race start adjacent to
Clarence Park/Thornes Park

Under UK Athletic Laws, Race License No. 2009-100131

For further information and application forms

Tel: 01924 213900

Wakefield Hospice acknowledges with thanks the assistance of
Rodillian Runners



Wheelchair athletes welcome

ALL PROCEEDS TO WAKEFIELD HOSPICE

Registered charity No. 518392
www.wakefieldhospice.org



give with confidence

RUN WAKEFIELD, FOR WAKEFIELD

Kindly sponsored by



20th Anniversary of Wakefield Hospice

*Over the last 15 years this event has raised £119,527.34.
A big thank you goes to all who have participated and volunteered.*

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15TH ANNUAL WAKEFIELD HOSPICE CITY 10K ROAD RACE

Sunday 28th March, 2010 commencing at approx 9.30am

PLEASE NOTE: The Clocks will move forward one hour on Sunday 28th March

Wheelchair Race - Start time approx 9.30am

ADVANCED ENTRY FEE

£13.00

ON THE DAY ENTRY FEE

£15.00

Prizes for the first man and woman. T-shirts to all finishers!

10k Race - Start time approx 9.50am

ADVANCED ENTRY FEES

£13.00 UKA Club member

£15.00 Unaffiliated Runners

ON THE DAY ENTRY FEE

£15.00 UKA Club members

£17.00 Unaffiliated Runners

Prizes in the following categories: First 5 women / First 5 men / First man and woman over 35 / Over 40 / Over 45 / Over 50 / Over 55 / Over 60 / Over 65 / Over 70 / Over 75. Team Prizes! Prizes are limited to one individual prize per athlete. Prizes for first 5 men and first 5 women will be presented on the day and the rest will be sent on at a later date. T-shirts to all finishers.



ENTRY FEES

£4.00 Under 18s

£6.00 Over 18s

START TIMES

1km - 11.00 am

3km - 11.10 am

1km or 3km – Both held in Clarence

Park, Wakefield. Open to all ages!

Both events entirely within park.

Medals to all finishers!

These events are being organised to raise money for **Wakefield Hospice**. Your entry fee covers the cost of organising the race – to benefit Wakefield Hospice all competitors are urged to raise as much sponsorship as possible.

How we make a difference... RUN WAKEFIELD, FOR WAKEFIELD PLEASE

Wakefield Hospice is based upon the simple idea that a dying patient is a living person, someone who deserves peace and calm until the end of their life. We seek to add life to days even when days cannot be added to life and ensure that the concerns and grief of family and friends are met both before and after the patient passes away.

Our dedicated staff work around the clock every day of the year to offer comfort and support by relieving symptoms and pain but they also go the extra mile to ensure the above philosophy is a reality.

Hospice care is free of charge to patients who have been assessed as in need of specialist palliative care.

Wakefield Hospice is proud to offer all of its services free of charge to patients and their families. However, to continue offering these services, we must raise £7220 per day.

No matter what you can afford, every penny counts and is used to benefit the patients and their relatives.

80p of every £1 donated is spent on patient care.

facebook

*This event is on Facebook. Search for **Wakefield Hospice City 10k** where you will find all the up to date information you need.*

15TH ANNUAL WAKEFIELD HOSPICE CITY 10K ROAD RACE + Fun Runs ENTRY FORM

Please note the minimum age for entering
the 10k is 16 on the day of the race

Title Male Female

First Name Surname

Address

.....

..... Post Code

Daytime Tel Mobile Tel

Email Address

Confirmation that your entry form has been received will be sent to all runners supplying an email address.

Date of Birth / / Age on day of race

Please note entries for the 10k will not be accepted without the date of birth according to UK Athletics Rules.

UKA Club Competition Licence No

OR Unaffiliated

Event Entered 10k Wheelchair 1km Fun Run 3km Fun Run

Entry fee enclosed £..... Donation £

Please make cheques payable to Wakefield Hospice

Credit/ Debit card payment

Card Number/...../...../.....

Issue No.(switch only)

Start Date/..... End Date/.....

Security code (last 3 digits on the reverse of the card)

GIFT AID – *Please help us to make the most of your donation. We are able to claim back tax on any donation a tax payer makes, the only requirement being that you must pay an amount of income or capital gains tax equal to the amount that we can claim back.*

Please tick this box if you pay UK Income Tax or Capital Gains Tax and wish Wakefield Hospice to reclaim tax on your donation

Signed Date

Registered charity no. 518392

continued overleaf

15TH ANNUAL WAKEFIELD HOSPICE CITY 10K ROAD RACE + Fun Runs ENTRY FORM

T-SHIRT SIZE (10K)

SMALL
(34-36)

MEDIUM
(38-40)

LARGE
(42-44)

X-LARGE
(46-48)

MEDICAL DECLARATION

Tick here if you have a medical condition of which you wish to inform the race organisers. Please list any medical conditions, drug allergies or current medication on a separate sheet and return with your entry form.

DECLARATION (ALL ENTRANTS)

I confirm that I am taking part in this event entirely at my own risk and that I am medically fit and will inform the organisers of any medical condition which may affect participation in this event.

I agree and abide by the rules of UK athletics and the event. I accept all the conditions of entry and acknowledge that the organisers shall not be liable for death, personal injury or loss or damage as a consequence of my participation in the event except with regard to personal injury which is caused by the organisers negligence. I understand the organisers reserve the right to alter the arrangements and conditions, including the event route and start time should circumstances require.

Signed..... (Parent/Guardian if under 18)

Please print name Date

Entry forms that are **not** signed will be returned to the applicant and will delay their application.

**Please complete this form and return it with your entry fee to:
Wakefield Hospice, Aberford Road, Wakefield WF1 4TS**

Early entries appreciated

Last postal entry: Monday 15th March 2010

Please note if entries are received after this date race numbers will not be posted out and will need to be collected from registration on the day of the race.

Due to the introduction of chip timing and the changes to postage costs we no longer require SAE to be sent with completed entry forms. P & P of race numbers is included in the entry fee.

Your details will be held by Wakefield Hospice Fundraising in accordance with the Data Protection Act 1998. Your data will enable us to keep you supplied with details regarding our services and forthcoming events/initiatives. To opt out of this service please contact 01924 213900. Your entry to the event includes agreement that your name, gender and age category be included in the published results.

THANK YOU FOR RUNNING WAKEFIELD, FOR WAKEFIELD.