

Make each  
day count

Haughley Park **Fun Run** and  
**Family Day**

Sunday 13th September 2009  
Haughley Park, Stowmarket

Join us at the exclusive privately owned Haughley Park for a fantastic 4km or 8km run through picturesque woodlands, fields and parkland. Runners of all abilities are welcome to take on this course and raise funds for St Elizabeth Hospice.

Prizes will be awarded in different categories including fastest times, most sponsorship raised and best outfit.

**Fancy dress is optional!**

There will be various refreshment and entertainment stalls as well as a children's race. Feel free to bring along a picnic and make it a fun filled day out for all the family.



IPSWICH St Elizabeth  
Hospice

Registered Charity No. 289154

[www.stelizabethhospice.org.uk](http://www.stelizabethhospice.org.uk)

# Race info and entry form

## Children's race 10.30am

Registration fee is £2 (12 years and under).

Must be supervised by an adult.

## 4km/8km fun run 11.00am

Registration fee is £5 per person.

Entrants must be over 12 years.

### All registration fees are non refundable.

Please aim to raise as much as you can in sponsorship. It is recommended that you sign up before the run to guarantee your place, but you will also be able to register on the day.

For more information about the Haughley Park Fun Run and Family Day, please contact the fundraising team on 01473 723600, email fundraising@stelizabethhospice.org.uk or visit our website www.stelizabethhospice.org.uk

### Haughley Park Fun Run and Family Day entry form Please complete in block capitals

Mr  Mrs  Ms  Miss  Other: \_\_\_\_\_

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

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

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

Telephone: \_\_\_\_\_

Mobile: \_\_\_\_\_

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

Distance:  4km  8km  Children's race

### Other family members

(If you are entering as a family, please complete the table below)

First name	Last name	Date of birth	Distance (4k/8k/children's)

Sponsor forms: individual / family (please circle)

Emergency contact name: \_\_\_\_\_

(If only entering children's race, this should be the name of supervising parent/guardian)

Emergency contact number: \_\_\_\_\_

How did you hear about the Haughley Park Fun Run?

\_\_\_\_\_

Do you have a special reason for taking part?

\_\_\_\_\_

\_\_\_\_\_

We require a registration fee to reserve your space.

- Children's race registration fee is £2 (12 years and under)
- 4km/8km fun run registration fee is £5 per person (non refundable)

Please send a cheque made payable to St Elizabeth Hospice or if you wish to pay by debit/credit card please fill in your details below

Please debit £ \_\_\_\_\_ from my:

Visa  Mastercard  Maestro  Other

Card number: \_\_\_\_\_

Valid from: \_\_\_\_ / \_\_\_\_

Expiry date: \_\_\_\_ / \_\_\_\_

Issue number \_\_\_\_ (Maestro only)

Cardholder's signature: \_\_\_\_\_

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

If paying by debit/credit card we will telephone you for the security code on the reverse of your card.

### Declaration

\*I, the undersigned (on behalf of any other mentioned persons), wish to take part in this event. I/we understand this is done at my/our own risk and absolve St Elizabeth Hospice from any injury caused through participation in this event. I/we understand this is a sponsored event and promise to raise sponsorship.

Signature\*: \_\_\_\_\_ Date: \_\_\_\_\_

\*If under 18, this signature must be from a parent or guardian.

We would like to keep you up to date with news and fundraising activities. If you would prefer not to receive this information, please tick here

Please return this form and your registration fee to:  
Fundraising team, St Elizabeth Hospice  
565 Foxhall Road, Ipswich, IP3 8LX

565 Foxhall Road, Ipswich, Suffolk, IP3 8LX  
t 01473 723600 f 01473 274717  
e fundraising@stelizabethhospice.org.uk  
w www.stelizabethhospice.org.uk



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