



Lee Valley five2Go Festival of Running

Entry Form

Trail Marathon (26.2miles) Saturday 10th November 2007 at 10am

Start: St Margaretsbury Sports Ground, St Margarets, Hertfordshire.

With five years to go until 2012, Parents for Children is delighted to announce a series of running events around the outstanding Lee Valley Park.

The inaugural five2go Lee Valley Trail Marathon is truly unique, set along the tow paths of the River Lee between St Margarets in Hertfordshire and Hackney Marsh. This is a point-to-point route which is mainly traffic free. Most paths are well surfaced. The finish area is at Hackney Marsh East, overlooking the 2012 Olympic site.

All runners will receive a medal, goody bag and commemorative teddy bear.

For full race info go to http://www.parentsforchildren.org.uk/pages/trail_marathon_details.html

(Cut off time 6 hours)

Title **Name** **Surname**

Address

Postcode

Email **Date of Birth (DD/MM/YY)** **Age on race day** **Gender (M/F)**

Club Name (if applicable) **Affiliated to UK/ England Athletics** (Y/N)

Entry fee (please tick) **£25 (unaffiliated)** **£23 (affiliated)**

This is a charity event organised by Parents for Children (www.parentsforchildren.org.uk) in association with BBC's Children in Need. There is a suggested voluntary donation to Parents for Children of £10 (£2 of each £10 donation will be passed onto BBC's Children in Need appeal)

Please tick here if you would like to make an additional donation. I enclose a cheque for £

I will be over 18 years of age on race day and hereby declare that I am an amateur according to UKA Rules and medically fit to compete. I accept that I enter at my own risk and that the race organisers will in no respect be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of my participation in this race.

Signed **Date**

If you feel able to support our important work even more, please download the sponsorship form alongside this entry leaflet and raise what you can for Parents for Children and BBC Children in Need.

To make things even simpler, why not set up an online sponsorship page at Justgiving and email your friends for support. Just go to <http://www.justgiving.com/parentsforchildren> and follow the step by step instructions.

PLEASE TICK THIS BOX Help us to get 28% extra! Using Gift Aid means that for every pound you give, Parents for Children gets an extra 28 pence from the Inland Revenue, helping your donation go further. Simply make sure you complete your full postal address, including post code in the form above and tick this Gift Aid box to confirm that you are a UK taxpayer.

Closing date: Saturday 3rd November, or when race entry limit reached (maximum race entry 300 participants).

Please send entries with a standard letter sized SAE (cheque made payable to Pfc-2Go) to: Heartbeat Events, PO Box 5898, Bletchley, Milton Keynes, MK4 3GA.

Additional transport info: ONE Railway (<http://www.onerailway.com/>) operate a regular train service between London Liverpool Street station and Hertford East, via Hackney. Car parking is available at Hackney Marshes at the end of the route and limited parking is available at the start of the race at St Margarets.

