

ARISE AND SHINE CHARITY FUN RUN



ADULT RUN 5K CHILDREN'S RUN 1 MILE

STOCK VILLAGE HALL, COMMON ROAD, STOCK, ESSEX

SATURDAY 19TH SEPTEMBER 2009 10:00

Adult run Start time 10.30 Children's run start time 12.00

REGISTRATION FORM

Surname..... Forename..... M/F.....

Address.....

Phone no. Date of Birth

Adult run [] or Children's run [] *Tick as appropriate

Emergency contact Name..... Phone No.....

Adult entrance fee £5.00. Children's entrance fee £3.00. All profits will go to Arise and Shine Children's home.

Declaration - I declare that the organisers shall not be responsible for any accident, injury, loss or damage to persons or property as a consequence of my participation in the above event.

Signature:..... Date:.....

**Please could a parent or guardian please sign for children under 16.
Please return completed forms to Kiran Welch or to Plantation
Cottage East, Mill Road, Stock CM4 9RG with payment. Fitness walk
to run program available from Melinda Tickel (personal trainer) or
from Stock Post Office Stores.**