

Break Charity
Davison House
1 Montague Road
Sheringham
Norfolk
NR26 8WN

13th December 2006

Dear Sir/Madam,

We are holding a sponsored event on Sunday 11th February 2007 – a **Cross Country Run** around the Stody Estate raising funds for BREAK – to provide respite holidays for children and adults with severe learning disabilities – can you please forward this poster and entry form to the relevant person in your school as you have any staff or pupils who would like to take part.

The age ranges are:- Under 13 Girls and Boys
Under 17 Girls and Boys
Seniors

The event will be organized and timed by The North Norfolk Beach Runners Club and BREAK Charity – all proceeds come to BREAK.

There are facilities for friends and families to come and watch the races.

Please feel free to copy the entry forms and posters and do contact me if you have any queries.

Yours sincerely,

Elizabeth Holman MInstF
Community Fundraising Officer
BREAK Charity
01263 820710 / 07771817271
Email: - Liz.H@break-charity.org



Contact: Liz Holman
BREAK Charity
Davison House
1 Montague Road
Sheringham
Norfolk
NR26 8WN

Tel: 01263 820710
Fax: 01263 822181

(Mobile contact on the day: 07771 817271)

Email: liz.h@break-charity.org
Web: www.break-charity.org

Registered Charity No. 286650

Supported by the 'North Norfolk Beach Runners'

Cross Country Event

Stody Estate, Holt

Sponsored 5 mile run*

(*varied category distances -please see over)



Sunday 11th February

Start time 1st race - 10am
(meet at 'The Bell' Public House, Hunworth)

FREE Entry
(with sponsor form)

Supporting BREAK Charity

Registered Charity No. 286650



<i>Race Times</i>	<i>Category</i>	<i>Distances (approx)</i>
--------------------------	------------------------	----------------------------------

10.00am	Under 13 [Girls and Boys]	2 miles / 3.5km
---------	----------------------------------	-----------------

10.30am	Under 17 [Girls and Boys]	3 miles / 4.5km
---------	----------------------------------	-----------------

11.00am	Seniors [Men and Woman]	5 miles / 8km
---------	--------------------------------	---------------

All entrants and supporters will meet at The Hunny Bell Public House in Hunworth on the Stody Estate half an hour before their race time.

Hot drinks and breakfast will be available from 10.00am, and lunch from 12.00 midday.

Please raise sponsorship (recommended minimum £20 per person) for this event to support BREAK Charity.

Notes: All ages taken as at midnight 31 August 2006.

All entrants under the age of 16 must be accompanied by an adult.

Upon receipt of your completed booking form we will send you all relevant information, including sponsor forms.

Please arrive at least half an hour before your race start time for registration at the BREAK marquee, where you will be issued with your race number.

Please remember to warm up well and wear appropriate clothing for the time of year.

There is ample on-site parking and for your safety the course is marshalled and will be attended by the St Johns Ambulance.

Prizes awarded for 1st, 2nd and 3rd place in each category.

***Timed runners, fun runners and fancy dress runners
- all welcome!***

**Disclaimer: Participants take part entirely at their own risk.
BREAK can take no responsibility for any injuries received, howsoever caused.**

Cross Country Run 2007

INDIVIDUAL BOOKING FORM

Name: _____

Address: _____

Date of Birth: _____ Postcode: _____

Telephone: _____

Email: _____

School, Club or Organisation: _____

Category (please tick as appropriate):

☐ **Under 13**

☐ **Under 17**

☐ **Senior**

Signed: _____ Dated: _____
(parent/guardian signature if 16 or under)

Please return your completed form to:

Liz Holman, Community Officer
BREAK, FREEPOST ANG20746,
1 Montague Road, Sheringham, Norfolk, NR26 8BR

Thank you!