



# The Rotary Club of Saxmundham & District



## TWENTY SEVENTH HERITAGE COAST RUN / WALK SUNDAY 3rd MAY 2009

Dear Supporter,

I have great pleasure in inviting you once again to join in our annual event and participate in one of the 6 miles, 13 miles or full marathon courses along our beautiful Heritage Coast. Only runners and experienced walkers aged over 18 will be permitted on the full marathon course whilst all classes of runners and walkers are welcome on both the other distances.

As this is our main fundraising event we ask you to send us 25% of the sponsorship monies you raise which, together with any "Gift Aid" recoverable, we will distribute to local, national and international charities. As in previous years, individuals, clubs and groups can designate their own preferred charity / special project or, if you wish, support our nominated main beneficiary which is HEARING DOGS FOR THE DEAF this year. I look forward to seeing you on the day.

With best wishes,

Michael Simons, President - The Rotary Club of Saxmundham and District

### General Information

Starting and finishing points for all 3 courses will be situated at Thorpeness Playing Fields on the B1353. Free car parking, shower and toilet facilities will be provided there and refreshments may be purchased. All entrants completing their course will receive a medal. Dogs are welcome but must be kept on their leads at all times.

### Registration & Entry Fees

To enter please fully complete and sign the enclosed Registration Form indicating in the relevant boxes which distance each entrant will be completing and if a runner or walker. Please return the form together with the total entry fees (cheques or postal orders should be crossed and made payable to "The Rotary Club of Saxmundham and District") to:-

**The Registration Officer, The Steading, Dennington, Woodbridge, Suffolk IP13 8AN**

Please note that postal entries can only be accepted up to 24<sup>th</sup> April 2009 after which entrants will have to register on the day. Individual Entrant/Sponsor Cards giving full details of the event will be sent to you once we receive your Registration Form.

Contact can also be made at '[registrationofficer2009@suffolkonline.net](mailto:registrationofficer2009@suffolkonline.net)' or tel: 01728 724878

<u>Fees</u>	<u>"Entries up to 24<sup>th</sup> April 2009"</u>		<u>"On the Day"</u>	
	<u>Under 15's</u>	<u>Adults</u>	<u>Under 15's</u>	<u>Adults</u>
<u>6 / 13 miles</u>	<u>£3</u>	<u>£7</u>	<u>£5</u>	<u>£10</u>
<u>26 Miles</u>	<u>N/a</u>	<u>£12</u>	<u>N/a</u>	<u>£15</u>

Our 27th Heritage Coast Run/Walk  
has kindly been sponsored by:-

*This year .....  
we're supporting*

**CABLE ACCESSORIES**

**O & C Butcher**

LADIESWEAR \* MENSWEAR \* FOOTWEAR



**Hearing Dogs**  
*for Deaf People*

Charity No : 293358



TWENTY SEVENTH HERITAGE COAST RUN / WALK - SUNDAY 3rd MAY 2009

REGISTRATION FORM FOR ALL DISTANCES

**PLEASE PRINT IN CAPITAL LETTERS**

<b>Name of Contact Person</b>						
<b>Full Address</b>						
<b>Post Code</b>						
<b>Telephone Number</b>	<b>Email</b>					
<b>I / We will be raising money to benefit:-</b> (Please name Charity, Club or Rotary Nominated)						
<b>ENTRANT'S FULL NAME</b>	<b>M / F</b>	<b>Office Use</b>	<b>Distance</b>	<b>W / R</b> (Walk / Run)	<b>D of B *</b>	<b>FEES DUE</b>
						£
						£
						£
						£
						£
						£
						£
						£
						£
<b>TOTAL</b> Cheques (by 24/04/09) should be made payable to The Rotary Club of Saxmundham & District						£

\* Date of birth only required for entrants competing in the 6 miles run "Age 12 or under Rotary Shield" or the 26 miles "Over 45 Trophy" (as at 2/5/09).

**26 miles, red route, start time Walkers 8.00 am / Runners 10.00 am. Entrance fee £12.**  
**13 miles, yellow route, start time Runners 10.15 am. Entrance fee Adult £7, under 15's £3**  
**6 miles, blue route, start time Runners 10.20 am. Entrance fee Adult £7, under 15's £3**  
**13 / 6 miles Walkers start at 10.30 am**

**Entrance fees on the day will be: - 26 miles £15, 13 / 6 miles Adults £10 & under 15's £5**

Please note team entries must be pre-booked and cannot be accepted on the day.

Please note ALL courses will be closed at 4.30 pm

ENTRANT / DONATION CARDS WILL BE FORWARDED TO THE NAMED CONTACT FOR DISTRIBUTION TO INDIVIDUALS

**Please return this form fully completed and signed together with your remittance before 24/04/09 to:**

**The Registration Officer, The Steading, Dennington, Woodbridge, Suffolk, IP13 8AN**

On behalf of the above named individual (s), club or organisation I agree to pay 25% of sponsorship monies raised to The Rotary Club of Saxmundham & District by 31/07/09.  
I also accept on behalf of the above named entrants their agreement to the disclaimer detailed below.

Signed..... Dated.....

Please print name.....

"Participants are reminded that this event takes place over both public and privately owned land and the Rotary Club has no control over the suitability of the ground conditions either for walking or running and all participants are advised that they enter this event entirely at their own risk. Further, the Rotary Club of Saxmundham and District accepts no responsibility whatever for death or personal injury to participants, spectators or others or for loss or damage to their property, howsoever caused."

*This year..... we're supporting.....*



**Hearing Dogs**  
*for Deaf People*