

Druridge Bay 10K Charity Run 2010

SUNDAY
MAY 30
10:30

in aid of

Grace House North East

children's hospice appeal



&



IN SUPPORT OF
HELP for HEROES

Entry Fee
£15.00

For further run information log on to
www.druridgebay10k.org.uk or
www.northumberlandgazette.co.uk

Please complete this entry form and post along
with a cheque or postal order for £15.00

made payable to 'DB10K Run',

Please include a stamped addressed 9" x 6" envelope

for your run number and information pack, to:

Druridge Bay 10K,
Druridge Bay Country Park,
Red Row, Morpeth
NE61 5BX



ENTRY FORM

I declare that I am fit to run, and understand that the organiser will be in no way responsible for injury, illness to me or the loss of any of my property during the event. Minimum age for participants is 13 years on May 30, 2010. Under-16s must be accompanied by a responsible adult.

I understand that entry fees are non-refundable.

Name Club Runner Y/N

Address Club

..... Estimated Time

..... Age at 30.05.2010.....

Postcode Male Female (please tick one)

Contact Tel No E-Mail Address

Signature

Please disclose any medical conditions (e.g. Asthma)

T-Shirt Size S M L XL XXL

DB10K is limited to 1000 runners. There are prizes for first male and female runners.

All finishers will receive a commemorative T-shirt and goodie bag. This is a non-profit-making event. All entry fees, donations and sponsor monies will go entirely to the two chosen charities.

Druridge Bay 10K Charity Run is made possible with the invaluable support of:

*Northumberland County Council - UK Coal - Bruce Jobson Associates - Northern Rock - Rapid Reaction
Northumberland College - Alnwick Harriers - Northumbria Army Cadets - Road Runner Sports
Northumbrian Water - Amble Photography Group - Northeast Press Ltd - East Chevington Parish Council.*

Registered Charity No. - 1100682



The Grace House North East Children's Hospice Appeal is raising funds to build, equip and run an eight bed children's hospice for children across the North East of England.

As you read this, there are probably about 1,000 families in the North East region coping with the most devastating news any parent can hear – that their much-loved child will not live to be an adult.

For some, death will come in weeks, for others it may be months or several years.

Whatever time left is precious and a children's hospice can help make the most of that time, providing expert medical help and professional care, and also giving emotional support and practical help, allowing the whole family to enjoy the good days and share the bad ones.

At present the North East has the lowest number of hospice beds for children in the whole country. Grace House North East Children's Hospice Appeal will provide a home from home for very sick children from across the North East, from the Scottish Borders to Teesside.

It will provide support for their siblings and parents and offer respite and terminal care.

A team of dedicated professionals will offer the most up-to-date medical skills and palliative care and support geared to the needs of the whole family; physical and emotional. Help will be available 24 hours a day, 365 days a year...continuing into bereavement for as long as is needed.

The purpose-built, eight-bed hospice will be self-contained with bright, homely rooms for children and accommodation for whole families. It will provide a much-needed addition to existing services, giving parents a break, a chance to share their time with other children in the family as well as the gravely ill.

For more information please go to www.gracehouse.co.uk



Help for Heroes (H4H) was founded by Bryn and Emma Parry after a profoundly moving visit to Selly Oak Hospital in the summer of 2007. Bryn and Emma met some extraordinarily brave young people who had been badly wounded and they just wanted to do something to help.

The charity was launched in October 2007 and, with the backing and support of Celebrities, including Jeremy and Francie Clarkson, The Royal Family, The Media and countless ordinary decent people, it has raised over £1m a month since then.

Help for Heroes is strictly non-political. We have no affiliation with any political party and we do not endorse the use of our name for the promotion of any political viewpoint. The money that we raise at Help for Heroes is used to support wounded Servicemen and women of every colour and creed and we strongly oppose any individual or political party who believes otherwise, and those who seek to use the charity's name for their own political gain.

For more information please go to www.helpforheroes.org.uk