

Advocacy
in Wirral

Choices in Mental Health



Celebrating
World Mental
Health Day 2010

1st Annual APEx 4 mile Road Race

Celebrating World Mental Health Day 2010
Sunday, 10th October 2010 at 11.00am

APEx 4 Mile Entry Form

Name:

Address:

..... Postcode:

E-mail: Male Female (Please Circle)

Date of Birth:/...../..... Age on day of race

Claiming benefits: Yes No (Please Circle. See below for more details)

If you are taking part with a child (12-16) please state full name(s) and DOB for each child below:

Name(s)

DOB

Donations: APEx is dedicated to supporting people suffering from mental health issues and strives to improve the mental wellbeing of its members . We are not a profit making club and rely on fund raisers like this or donations from the public. Please help us continue our activities and put on more events like this one by making a donation along with your entry fee. Thank you for your support.

Donation Amount - £

Signature:

Date:

Entry fees are £10. Any participant who is in receipt of benefits on the day of the race the entry fee is £4. Donations can be given on the same cheque as your entry fee. No charge to children 16 or under. Please check your details and make cheques payable to:

Advocacy in Wirral

Send entries to: Matthew Williams
Advocacy in Wirral
68 – 74 Woodside Business Park
Shore Road
Birkenhead
CH41 1EL

Please do not send cash in the post if possible.

Thank you for entering the APEX 4 Mile Road Race. Please complete and return page one along with a cheque for your entry fee and/or donations. Ensure you have signed the bottom of page one. Please keep page two for your own reference

Race information/rules

1. The APEX 4 mile road race will begin on Sunday 10th October 2010 at **11:00a.m.** It is suggested runners make their way to the start line at **10:55p.m.**
2. Postage entries for this event close 7 days (October 3rd) before the event. Please ensure you have sent your entry before this date with time to ensure your number arrives in the post. We advise sending entries no later than 10 days (October 1st) before the event.
3. Participants must use the car park at the top of Leasowe Road and next to Leasowe Lighthouse where possible. Course maps showing parking are available on www.aiw.org.uk.
4. Race limit is 200 participants. Entries will be accepted on a first come first serve basis.
5. Limited entries may be available on the day if race limit (200) has not been reached. It is strongly advised you enter prior to the day of the event. Entries on the day must be completed 15 minutes (10:45) before the start of the run. Entries on the day will be indicated on the Advocacy website (www.aiw.org.uk) prior to the event.
6. Medals will be available on completion of the race. Please note that there will be limited numbers of these so it will be one medal per runner.
7. Please note that the organisers cannot be held responsible for cancellation of the event due to weather therefore no refunds will be offered. If this should occur the decision will be made on the day by the events safety coordinator and his decision is final. Cancelled races will be re-scheduled where possible and stated on www.aiw.org.uk
8. Any children (12-16) taking part **must** be accompanied by a paid and participating adult.
9. Children under the age of 12 are not permitted to take part in the APEX 4 Mile Road Race.
10. APEX offers a reduced entry fee for people on benefits in order to ensure no one is excluded from taking part in the APEX 4 Mile Road Race. We would remind people that this is a charity event so would ask that you only claim this reduced fee if you actually claim benefits (please be honest).

Declaration

I have read the Rules and regulations and agree to abide with them. I also state that I am entering this race of my own accord and that I am fit and able to do so. The race organiser, sponsors or other bodies will not be held liable for any injuries/illnesses that may occur during or after taking part in the APEX four mile road race.

Race numbers and any additional information will be posted prior to the event. You will not receive any notification until your race number arrives by post before the event.

If you have any enquiries regarding this event please contact the Events Organiser Matt on:

Tel: 0151 650 1530 / 0787 180 8885

Email: Matt.Williams@aiw.org.uk