

For All the Family

# FUN RUN



Over the Humber Bridge

25th May

10am to 12pm

Sponsorship form  
available from  
[www.jcready4work.com](http://www.jcready4work.com)

Sponsorship form  
available from  
[www.jcready4work.com](http://www.jcready4work.com)

In aid of 11 year old Sophie Robinson  
who is in desperate need of £50,000  
for life saving drugs which the NHS  
is unable to provide

**JC READY4WORK**

Tel 01482 215600

550 Hessle Road, Hull, Yorkshire, HU3 5BL



**Event H.Q:** The Humber Bridge

**Start Time:** 10am at the Humber Bridge Car Park (Hull Side)

**Please complete this registration form and return it to:**

JC Ready 4 Work

550 Hessle Road

Hull

HU3 5BL

(Please send all completed registration forms to this address by Friday 15<sup>th</sup> May)

Alternatively, the email address is [info@jcready4work.com](mailto:info@jcready4work.com)

**Entry Fee:** Minimum £5 entry fee or minimum £15 in sponsorship money

**Please Note:** Entry fee is non-refundable as it is for a charity.

**Other forms needed:** There is a sponsorship form and a medical declaration form that can also be downloaded and needs to be completed and sent back along with this registration form.

**Rules:**

1. Suitable dress must be worn at all times. Fancy dress is acceptable but it must be suitable and the cause must be considered when running.
2. By entering, participants agree to indemnify the organisers against liability for accidents, theft and/or damage to property and any third party claims.
3. Personal accidents and third party insurance is not provided by the organisers. It is incumbent upon runners to provide their own insurance at their discretion.
4. All runners must abide by the Highway Code. Please be courteous to other road users as the roads will not be closed.
5. Marshalls will be situated around the course and their instructions must be obeyed.
6. Runners should be equipped for all weather types.
7. Any runner who retires from the race must inform race organisers.



Please complete one form per person:

**Name:**.....

**Address:**.....

.....

**Post Code:**..... **Contact Number:**.....

**Email Address:**.....

**A signature must be provided below from the parent/guardian for under 18's**

I agree to abide by the rules set out previously and will not hold JC Ready 4 Work or any of the organisation/marshals liable for any accident/injury or third party claim during or after this event.

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

**Parent/Guardian Signature:**.....

**Registration Fees**

I enclose cash/ a cheque made payable to JC Ready 4 Work for £.....

Or pay into our bank directly (BACS Transfer).

Account Number: 61654515

Sort Code: 53-61-11

Bank: Natwest



# **JCReady4Work Charity Fun Run Medical Declaration Form**

Please complete all sections and return before the event to the charity event organiser.

EVENT:..... Date:.....

Title:..... First name.....

Surname:.....

Address:.....  
.....  
.....Postcode.....

Mobile telephone.....

Email.....

Date of birth.....

Please give details of any allergies, current/recent medical conditions, operations, illnesses, injuries, disabilities or other information we need to be aware of. Including fear of heights and poor fitness

.....  
.....  
.....  
.....

## **EMERGENCY CONTACT**

Name:  
.....

Relationship:.....

Contact Number:.....

## **PARENTAL CONSENT**

A minimum age of 16 applies. Participants aged 16–17 on the day of the event must be accompanied by their parent/legal guardian. The parent/legal guardian must remain on site during the event.

I am the parent/legal guardian of the person named above and give my consent to their participation in the above event.

Signed.....Date.....

Name.....Relationship.....



**AGREEMENT**

I will abide by the safety briefings at the event and instructions given by staff. I have read the participants information sheet and have completed the medical declaration form to the best of my knowledge. One of the attractions of outdoor activities is their adventurous nature; I am aware of and accept the elements of risk, take responsibility for my own actions and will not do anything that could put myself or others at risk. I understand that I take part at my own risk and do not accept any liability for any injury or loss that may occur as a result of my participation other than as a result of JCReady4Work negligence. I agree that medical advice should be sought from a GP if I am in any doubt as to the physical ability to participate.

Signed

.....Date.....

JCReady4Work will not share your details with any third parties and all information will be kept strictly confidential.

