

Castle Point Joggers

BLUEBELL 5



13th May 2012, 10:30 start

Castle Point Joggers and Essex Wildlife Trust are proud to present the Bluebell 5
 A five-mile off road run through the lovely Little Haven Nature Reserve (just off the A127 near Rayleigh Weir). The undulating run takes you through 92 acres of spring flowers, ancient woodland and open hay meadows.

It is a fund raising event for Essex Wildlife Trust (Charity No 210065). All profits will go to help maintain the reserve. Full changing, showering and toilet facilities will be available at the Deanes Sports Centre, Daws Heath Road SS7 2TD, where there is ample parking.

There will also be a wonderful selection of homemade cakes and refreshments available in the main hall.

Prizes: 1st/2nd/3rd Male/Female 1st Male/Female Vet

Name:.....Tel No.....

Address.....

.....Post Code.....

Please tick.

Male (under 40 on race day) []	Female (under 35 on race day) []
Male Vet (40 & over) []	Female Vet (35 & over) []

Suggested donation is £6 (£7 on the day) per runner. Please enclose a S.A.E. 6" x 9". Cheques should be made payable to Essex Wildlife Trust.

Entries should be sent to Chris Cammidge, 2 Blenheim Mews, Leigh on Sea, Essex, SS9 3DZ
 No later than 27/4/2012

Remember profits go to help maintain the Nature Reserve so please feel free to 'round up' your donation.

I am medically fit to run. I understand that the course is through woodland and meadow which will be uneven and may be slippery and I should leave sufficient space between myself and the next runner to see the ground in front.

* I am a UK taxpayer and the enclosed donation does not exceed the amount of income tax and capital gains tax that Essex Wildlife Trust will claim on my donations in the last six years (*Please delete if not applicable)

Signature.....(Parent/Guardian if under 16)