



## 'Kesgrave 5k' fun run Sunday 8<sup>th</sup> August 2021

Venue: The Bell Inn, Main Road, Kesgrave, Ipswich

Start Time: 11.00am

Route: Bell Lane, The Long Strops, Curtis Way, Ropes Drive

Advance Entry Closing Date: Sunday 1<sup>st</sup> August 2021

Entries will be taken on the day from 9.00am to 10.45am

Entry Fees:

Adults.....	£5.00
Children.....	£1.00

Cheques or Postal Orders should be made payable to **Kesgrave Music Festival**.

*A waiting list will be in place if entries are oversubscribed. Entrants will receive their number on the day.*

Send fee with entry form to:

Debbie McCallum  
The Bell Inn  
Main Road  
Kesgrave  
Suffolk  
IP5 1AA

Entry queries: Tel 01473 622045

**All finishers will receive a medal. Prizes for the best fancy dress & biggest sponsorship donation!!**

Results will be posted on the website [www.kesgrave5k.com](http://www.kesgrave5k.com)

## All proceeds to St Elizabeth Hospice



## 'Kesgrave 5k' Entry Form Sunday 8<sup>th</sup> August 2021

Forename: ..... Surname: .....

Male / Female:  Date of birth: .....

Address: .....

Town: ..... County: .....

Postcode: .....

Daytime Tel Number: ..... Home Tel Number: .....

Email Address: .....

Please tick box if you do not wish email to be used for notification of KMF updates

Amount Enclosed:    £5.00             £1.00

I accept that neither the Organisers nor their helpers will become liable for any injury, loss action or claim, however occasioned, resulting from this event.

\*\* I will run at my own risk

\*\* As parent or guardian of any children taking part, I confirm that I understand what is involved in the event and that he/she is fit enough to take part

Signed: ..... Date: .....

\*\* delete as applicable

*The course is not suitable for dogs, pushchairs, wheelchairs or cyclists.*



## Sponsorship Form

Use the form below to collect sponsorship for the Kesgrave Music Festival. Each person can 'Gift Aid' their donations, which makes their donation worth more to us because St Elizabeth Hospice can claim tax back on it.

You can photocopy this form if necessary.

Name: .....

Address: .....

..... Postcode: .....

Tel Number: .....

Email Address: .....

I organised (name of event): .....

On (date of event): .....

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

Please make every £1 you sponsor worth almost 30% more!

Use Gift Aid and you can make your donation worth more. For every pound you give us, we get an extra 28 pence from the Inland Revenue. Just tick in the column below. It's that simple!

By ticking the Gift Aid column you declare that all your donations made to St Elizabeth Hospice since 6 April 2003, and all donations in the future will be Gift Aid unless you notify us otherwise.

To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.

Donor's Name	Address & Postcode (if you are a UK taxpayer and eligible for Gift Aid please provide your full HOME address and postcode)	Donation Amount	Gift Aid (please tick)
Mrs A Smith	1 The Street, A Town, County, AB1 2CD	£10.00	✓

