

A Fund-raising event for the
Essex Wildlife Trust
Charity Number 210065



ESSEX
Wildlife Trust

Dunton Demon '5'

Actual measurement 7.9K

SUNDAY 30th September 2018

10:30 am START

Join Essex Wildlife Trust and Phoenix Striders for a fantastic off-road run through the beautiful Langdon Nature Reserve. The run goes through ancient woodland, meadows and the sites of former Plotlands homes. The natural aspect of the reserve includes hill work and is on bridleways and footpaths that may become muddy/slippery in bad weather.

Essex Wildlife Trust is a registered charity that works to keep wonderful sites, like Langdon, open for the public to enjoy and offer a natural habitat for wildlife

All funds raised will go towards the Essex Wildlife Trust.

There are no changing facilities, but toilets and refreshments will be available, also a results service.

Prizes: 1st Male/Female & 1st Male/Female Vet

Name: Tel No:

Address:

..... Postcode:

PLEASE TICK

Male Vet (over 40 on race day)	<input type="checkbox"/>	Female Vet (over 35 on race day)	<input type="checkbox"/>	Under 16 (on race day)	<input type="checkbox"/>
Male (under 40 on race day)	<input type="checkbox"/>	Female (under 35 on race day)	<input type="checkbox"/>		

Entry donation is £7.00 (£8.00 on day) per runner.

Payment accepted by cash, cheque or visa at visitor centre. Payment by cheque accepted by post.

NEW Payment accepted by visa over the phone.

Race numbers can be collected on the day or by sending an S.S.A.E. 6" X 9" to Sue Adams, Langdon Visitor Centre, Lower Dunton Rd, Basildon. SS16 6EB

For enquiries phone (☎ 01268 419103). Please feel free to include any additional donation in with your entry fee.

Please Tick

I would like all donations I have made in the last six years and all donations I make hereafter to be Gift Aid donations. I will be paying an amount of income tax and/or capital gains tax at least equal to the tax that Essex Wildlife Trust reclaims on my donations in each tax year.

I am medically fit to run. I understand that the course is on uneven ground and the organisers cannot be held responsible for any losses or injuries caused.

Signature (Parent/Guardian if under 16)