FUN RUN



Dear Parents/Students,

I have pleasure in announcing the SEKF Annual Fun Run which will take place on **Sunday 9th June**

Danny and I will be leading the runners through the New Forest in Brockenhurst. We will encounter some exciting terrain, including splashing through streams, incorporating the natural obstacles of the forest and depending on the weather, some muddy woodland.

All students and their family members six years old and above are invited as there will be two different routes, both accompanied by instructors and mentors. Parents are encouraged to join in, whether it is to help with the little ones or to have a good run themselves. (Sorry no dogs).

The aim of the fun run is to raise money for the Freestyle Combat 100 Club fund which helps to financially support our squad members.

**Please note**: The top three students who achieve the most sponsorship money for the 100 Club fund will win a free adventure day out with the squad. Good Luck!

# £5.00 per entry or a family of 3 or more = £12.00 or Sponsorship form

**DATE: SUNDAY 9th JUNE**

**AT:** **THE BALMER LAWN HOTEL (Forest car park)**

**LYNDHURST ROAD**

**BROCKENHURST. SO42 7ZB**

### TIME: Meeting time 09.45am RUN: 10.00am - 11.00am

**Please return forms by Friday 7th June**

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### Family Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age’s:\_\_\_\_\_\_\_\_\_ Tel:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

No. of People running:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Paid or Sponsor form:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Disclaimer: Whilst every effort has been made to organise a completely safe fun run with no accidents recorded since our first run in 1997, you the parent/guardian understand and acknowledge that all runners attending the fun run, do at their own risk.

Signature of Parent/Guardian or Runner 18 years+:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_