



1062559 (England & Wales) SC039757  
(Scotland)

## Sunday 23<sup>rd</sup> JUNE 2019

We are delighted to confirm your place in the 2019 Royston in Blue 5k Fun Run/Walk which takes place on Sunday 23<sup>rd</sup> June 2019 on Therfield Heath, Royston, SG8 5BG.

T-Shirts can be collected from the Royston Heath prior to the race on Saturday 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> June 2019 between 10am-12pm which will be advertised on our Facebook, Twitter, Instagram and Website nearer the time. If you are unable to collect those dates, please allow enough time to collect on race day.

Your race number **must** be pinned to the front of your shirt, your **name, contact details** and any **emergency medical** information must be completed on the reverse of your race number. It is essential our first aid team has this information in case of emergency.

On the day please arrive in good time. We suggest you aim to arrive by 10.20am at the latest. There are a few short welcome speeches with an Aerobic warm up that starts at 10.40 and the race starts promptly at **11am**. We have a race limit of **800** people so it's going to be busy.

The course is a 5k route around the Heath. Water will be offered half way round the course and again at the end. We expect that the majority of the entrants will be finished by 12noon.

On completion of the course entrants will receive a medal. Please note the medals are only offered to those completing the course.

The person who raises the most sponsorship money for Teenage Cancer Trust will receive a prize and everyone who raises over £250 will be presented with a certificate acknowledging their fundraising efforts.

All monies must be paid into the bank within **30 days (23<sup>rd</sup> July 2019)** after the event, along with your sponsorship form. Please ensure you write your **Race Number** and **Name** on the form and pay directly to:

**Lloyds Bank:** Melbourn Street, Royston, Herts, SG8 7BL  
**Sort Code:** 30-97-77  
**Account Number:** 21960960.  
**Cheques payable to:** Royston in Blue

If someone wants to sponsor you with a CAF voucher, please make this payable to "*Teenage Cancer Trust*" and post along with a covering note clearly stating your **Race Number** and **Name** and that you are Participating in Royston in Blue to Judith Anderson, East Anglia Team, Teenage Cancer Trust, 93 Newman Street, London, W1T 3EZ.

Sponsors who wish Teenage Cancer Trust to reclaim the Gift Aid on their donation should complete their own details in full, using legible handwriting.

Why not set up a **Virgin Money** or **JustGiving** page, so that you can collect sponsorship online. Simply select Teenage Cancer Trust as your chosen charity and clearly mention on the page that you are participating in Royston in Blue.

Please try to get as many sponsors as possible – every little help towards our fundraising total for Teenage Cancer Trust. You are welcome to photocopy the sponsor form.

Last year we raised a staggering **£17,924.69** and this year we would love to achieve a similar amount.

**£810.00** Could provide Wi-Fi or a phonenumber in a unit for a year, so young people always feel Connected and can keep up with their studies.

**£4,362.00** Could pay for the cost of all our Youth Support Coordinators for a day

Please make sure that all your sponsorship money is collected and handed in by **23<sup>rd</sup> July 2019**.

An event like this involves a lot of man power on the day in terms of stewards and officials – if you have someone in your family who would like to support who doesn't want to take part in the fun/walk please encourage them to volunteer as a steward. Please call Judith Anderson on 07903 464678.

Finally training .... You don't have to... but we would encourage you to think about your current level of fitness and prepare for this run/walk. Why not consider going along to Royston Runners Absolute Beginners training sessions information can be found on their website [www.roystonrunners.co.uk](http://www.roystonrunners.co.uk)

Keep us in touch with your progress on our Royston in Blue Facebook page, every step is an achievement so let us know how you're getting on! There will be a race clock at the finishing line for those who wish to note their time as they cross the line.

Thank you for entering, we look forward to seeing you on the Sunday 23<sup>rd</sup> June 2019 to run/walk the 5k for Teenage Cancer Trust. Remember, the event will go ahead whatever the weather, so please kit yourself out accordingly.

Should you have any questions before the event please call Judith Anderson on 07903 464678 or email at [roystoninblue@gmail.com](mailto:roystoninblue@gmail.com)

Good luck and thank you for your continued support!

**The Royston in Blue Committee**

## **Sponsor Form Check List**

**Payment:** Within 30 days of the event – **23<sup>rd</sup> July 2019**  
**Include:** Sponsorship Form including your **Race Number** and **Name**  
**Bank:** Lloyds, Melbourn Street, Royston, Herts, SG8 7BL  
**Sort Code:** 30-97-77  
**Account Number:** 21960960.  
**Cheques payable to:** Royston in Blue