

2010 Hornsey YMCA 10K and Children's

# FUN RUN

**Sunday 16th May**  
**Priory Park**  
**Crouch End N8**



### Entry Fee

Children (4-15 years): £7

Adults (16yrs+): £12

### Enter Online:

[www.enter4.co.uk](http://www.enter4.co.uk)

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**YMCA**

[www.ymcahornsey.org](http://www.ymcahornsey.org)

# Crouch End 10K and Children's Fun Run 2010

Hornsey YMCA has organised its annual Crouch End 10K and Children's 1 Mile Fun Run since 1991, and in 2010 is celebrating its 20th year! In 2009 more than 2,400 adults and children took part in the races, and many more came along to enjoy the festival atmosphere in the park, making this one of the largest community events in North London.

Races start and finish in Priory Park, located off Middle Lane and Priory Road, Crouch End, London N8.

## Adult race

Starts at 10am. A mainly flat two lap 10k route through residential streets and parkland around Crouch End and Alexandra Palace. Participants must be 16 years or over on race day.

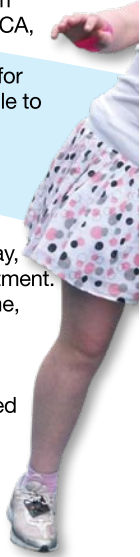
## Children's races

Races follow a 1 mile circuit completely contained within Priory Park. Races are split by age group into under 6s, under 8s, under 10s, under 12s and under 16s. All races will be split into races for boys and girls (with the exception the under 16s race, which is mixed). Children must be 4 years or over on race day to enter.

**The under 16s race is also suitable for children with mobility difficulties or for wheelchair users.** Children's races begin at approximately 12.10pm at roughly 15 minute intervals.

## Race entry details

- The easiest way to enter is online. Go to **www.enter4.co.uk**.
- Alternatively, complete the attached form and return it to Race 2010, Hornsey YMCA, 184 Tottenham Lane, London N8 8SG.
- The entry fee is £7 for children and £12 for adults. Cheques should be made payable to Hornsey YMCA (Race 2010).
- **The closing date for all entries (provided races are not full) is Wednesday 12th May 2010. There will be no entries on race day.**
- Races are often full long before Race Day, so please enter early to avoid disappointment.
- Race places are allocated on a first come, first served basis.
- Race places are non-transferable and non-refundable.
- Entries received before 5th May (provided races are not full) will be processed and race packs posted. Race packs not mailed out can be collected from the YMCA Fitness Centre until Saturday 15th May, or from the Information Tent on Race Day.



For further information, including facilities available, refreshments, entertainment, advice on training and diet, the full race rules or for further copies of this form, please go to [www.ymcahornsey.org/modules/funrun](http://www.ymcahornsey.org/modules/funrun)

## Official entry form

HORNSEY YMCA CROUCH END 10K AND CHILDREN'S FUN RUN 16TH MAY 2010

Name	Male / Female (please circle)	
Address		
	Postcode	
Contact Tel	Date of birth	Age on Race Day
E-mail (please write clearly)		

Donation for nominated charities (see opposite page) £

I pledge to support this year's charities with a personal fundraising target of £

I am a UK taxpayer, paying income tax or capital gains tax equal to the tax the YMCA will reclaim on my donations. I want all donations I've made since 6th April 2001 and all donations in the future to qualify for gift aid until I notify you otherwise. I agree to notify the YMCA if my address or circumstances change.

*giftaid it*

10K entrants		Fun Run Entrants (under 16s)
Name of affiliated Athletic club	Name of non-affiliated team/YMCA	School Attended
Signature of Runner (Parent/Carer for U16s)		Official use race no.

**Disclaimer:** I certify that I am fit to partake in this race and that the organisers will in no way be held responsible for any injury or illness incurred to my person, or loss or damage to my possessions as a result of this event.

**UNSIGNED ENTRIES ARE INVALID AND WILL BE RETURNED**



## Our nominated charities this year are:

- **YMCA charities**  
including the Hornsey YMCA Bursary Fund
- **National Autistic Society (NAS)**  
Barnet Branch
- **Open Door**  
Young People's Consultation Service  
based in Crouch End
- **The Food Waste Project**

Please visit our website for further details of the nominated charities at [www.ymcahornsey.org/modules/funrun](http://www.ymcahornsey.org/modules/funrun)

## 20for20!

**Our ambitious aim this year is to raise £20K, £1,000 for every year the race has been staged. There are three ways you can help:**

**1** By far the easiest and most effective way to raise money is by setting up your own page on [www.justgiving.com](http://www.justgiving.com) and inviting your entire email address book to sponsor you. Our most successful fundraisers over the past few years have always had Just Giving pages, often raising money in the four figures. It's relatively effortless, and the tax benefits of Gift Aid are all done for us. Go to [www.justgiving.com](http://www.justgiving.com) and follow the instructions, using the Hornsey YMCA account which has been set up especially for the Fun Run. Every penny raised goes to the Fundraising totals.

**2** You can make a donation of any amount you'd like for the nominated charities when you enter the race – just fill in the relevant section of the entry form and pay your donation when you enter. Simple, easy and generous.

**3** We're not ignoring the old fashioned route: sponsorship forms can be downloaded from our website at [www.ymcahornsey.org/modules/funrun](http://www.ymcahornsey.org/modules/funrun), or hard copies can be obtained from the Fitness Centre or Harringay Club receptions.

Go to the Fun Run website address for further fundraising ideas.

**So happy fundraising – make all that running effort really worthwhile.**

For more information, to support financially or to volunteer, call Hayley Ballard on **020 8340 6088** or [hayley.ballard@ymcahornsey.org.uk](mailto:hayley.ballard@ymcahornsey.org.uk).

# Fundraising

When the Hornsey YMCA Crouch End 10k and Children's Fun Run was launched in 1991 it had two aims:

- **To get people interested and participating in physical activity in a fun way** and
- **To raise money for good causes**

These aims remain unchanged in 2010.

With ten races and more than 2,600 runners each year, we can safely say that we have peoples' interest, and our feedback from participants, certainly shows they are having fun.

The event has raised over £150,000 for good causes in the last 19 years, and we would like to make this, the 20th year, a record breaking fundraising effort. If every runner raised just £10 each, we could distribute £26,000 to local good causes – money that would make a real difference. We'd like each runner to support this goal by pledging their personal fundraising target when they enter.

# YMCA

[www.ymcahornsey.org](http://www.ymcahornsey.org)



**Hornsey YMCA**

184 Tottenham Lane  
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T 020 8340 6088

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