

celebrate life & friendship
raise money... have FUN - and do it in style!

bling fling

trainers & tiaras charity walk & party

DUTHIE PARK
ABERDEEN
16TH MAY, 2010
FROM 4.30PM



register at www.blingfling.org
or phone (01224) 643327

all proceeds to be shared between Breast Cancer Research, ARI
Research into Children's Cancers at RACH and Archway

Join us for our Second Bling Fling Trainers & Tiaras Charity Walk & Party!

Enjoy a 10k (or 5k) walk along the Old Deeside Railway Line from the Duthie Park in Aberdeen and help raise money for Breast Cancer Research at ARI, Children's Cancer Research at ARCH and Archway, a local charity supporting children and adults with learning disabilities – and then come back and join the party in the Winter Gardens at the Duthie Park...

To enter simply complete the attached form and return to us along with the registration fee of £20. Upon receipt, we will confirm your place (via email where possible) and send you a registration pack with all the information you need to get ready for the event including some fantastic fundraising tips.

Doing it In Style

As well as raising valuable funds, we want you to have fun and celebrate life and friendship. We will send you an exclusive Bling Fling Tee Shirt – feel free to customise and add your own extra bling! You'll be given a tiara on the day – or bring your own with you!

After Party

After the walk come and join us for a party at the Winter Gardens, Duthie Park... (You will need trainers for the walk but you can wear your high heels at the party!!) Free to all registered walkers, you'll have the opportunity to chat and make new friends, enjoy live entertainment, food and refreshments and beauty treatments and therapies to keep the sparkle going and it's all **FREE** to registered walkers only.

What You Have To Do

You must pre-register and pay the registration fee of £20. We also ask that you commit to **raising a minimum of £50 in sponsorship**. To find out more about the charities benefiting, and some fantastic fundraising ideas visit our website – www.blingfling.org. Complete the attached Entry Form and send it along with your entry fee to: The Bling Fling Admin Office, 71 Westburn Road, Aberdeen, AB25 2SH (*Entrants must be over the age of 14, and 14-16 year olds must be accompanied by an adult at all times*).

Please remember to complete all the details required and to sign the form.

**So come on - do it in style and sparkle at Bling Fling 2010
– see you on Sunday 16th May!**

The Bling Fling 2010

Entry Rules & Conditions – please read before registering

- In the event that the Bling Fling cannot take place on the 16th May 2010, every attempt will be made to find a new date.
- Refunds will only be given in the event that the Bling Fling is unavoidably cancelled by the organisers.
- If you cannot attend the Bling Fling, you must inform the organisers in writing as soon as possible.
- You cannot give your place to any other person without the permission of the organisers.
- Entrants must be aged 14 or over and 14-16 year olds must be accompanied by an adult at all times.
- Please check that you enter the correct information. Once your entry form has been completed and accepted, the only information you will be able to change is your address.
- All participants are responsible for their own medical condition. If in doubt about your ability to complete the Bling Fling walk, or if you have any medical condition, please consult your doctor before commencing your exercise programme.
- Neither the Bling Fling organisers, the charities benefiting from the funds raised, or the Bling Fling Sponsors accept any liability for the health of the entrant.
- The Bling Fling organisers recommend that you have personal insurance that covers you for participating in walking/sporting events.
- Entrants with disabilities are welcome to take part although due to the nature of the event we would ask you to contact the organisers before applying to check if the route is feasible for you. If a disabled person requires assistance from another person, this person must also enter. Only assistance dogs (hearing or guide dogs) are accepted.
- The Bling Fling is a charity walk. Running, cycling, roller blading or any other form of transport is prohibited.
- No alcohol is permitted to be brought into or consumed prior to or during the walk.
- Smoking is not permitted in the Winter Gardens.

- Neither the organisers of the Bling Fling Aberdeen event, the sponsors nor any of the charities benefiting from the proceeds of the event have any liability in relation to Bling Fling Aberdeen to the extent permitted by law, exclude liability for any loss, damage, injury, consequential loss suffered by any entrant personally or to their property as a result to their entry to or participation in the Bling Fling Aberdeen.
- By taking part in the Bling Fling Aberdeen you are committing to raising money for its nominated charities only. You are not permitted to give your fundraising to any other charity, this includes but is not limited to any fundraising carried out via www.justgiving.com.
- Places are limited and will be allocated on a first come first served basis.

Data Protection Act

Bling Fling Aberdeen process your personal data (as defined by the Data Protection Act 1988 (the "Act") for the purpose of your entry into our event and keeping you informed about future events. This may include Bling Fling using your photograph or film image of you. Your name may also appear in any press listings of those participants taking part in the event. If you do not want your name to appear in any press listing or do not wish to receive any information about future events please write to the Bling Fling Charity Walk Admin Office, 71 Westburn Road, Aberdeen AB25 2SH. Some of the information we process will be sensitive personal data (as defined by the Act). By signing this form you give Bling Fling Aberdeen explicit consent to process such data for the purpose outlined above.

BLING FLING 2010 ENTRY FORM

Thank you for requesting to take part in Bling Fling 2010.

Please note that due to restricted entry numbers all applications will be accepted on a first come first served basis – so complete and post today!

Please ensure you have **read and agreed with the rules and conditions of entry before completing this form.**

First Name			
Surname			
Date of Birth			
Address			
Postcode			
Contact Tel Number			
Mobile			
Email (for all correspondence where possible)			
Team Name* (see note below)		No of Team Members	
Emergency Contact Name (on event day)			
Emergency Contact Tel No (on event day)			

Do you have any allergies or medical conditions the organisers should be made aware of? Please give details:

Please advise of any special dietary requirements:

* Team Name

If you want to walk with friends, family or colleagues, it is best to enter as a Team. Simply give yourselves a Team Name and walk together. Note: All members must complete an application, pay the registration fee and raise the minimum £50 sponsorship.

Which Walk

Which walk length do you hope to complete?:

- 10km (Duthie Park to Cults and back along the Old Deeside Railway Line)
- 5km (Duthie Park along the Old Deeside Railway Line to 5km marker and back)
- Other, Please State _____

Tee Shirt Size

As part of your registration, you will receive an exclusive Bling Fling T-shirt to wear on the day of the event. Please state which size you would prefer*:

<input type="checkbox"/> Medium (12)	<input type="checkbox"/> Large (14)	<input type="checkbox"/> XLarge (16)	<input type="checkbox"/> XXLarge (18+)
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*Subject to availability. We will endeavour to get you the specified size. An alternative size will be sent if this is not possible.

Donations

If I am NOT successful in gaining entry to the event (due to limited numbers of entrants) I wish to donate my entry fee of £20?

Yes		No	
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Taking Part for a Special Reason?

If you would like to share your story, please attach a brief account along with your entry form.

Gift Aid

By using Gift Aid you can make your donation worth more. If you tick the box the box below, Bling Fling can benefit an extra 25p for every pound you donate from the Inland Revenue if you are a UK tax payer.

To make a gift aid donation, please ensure that you have paid more income tax or capital gains tax than the amount we can reclaim. If not the Inland Revenue can make a claim against you.

I would like Bling Fling 2009 to treat the enclosed £20 donation as a Gift Aid donation.

Yes		No	
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Registration Fees

I enclose a cheque (made payable to "Bling Fling") for my entry fee of £20. (Please remember entrants must be aged 14+

I confirm that I have read and accepted the conditions of entry to Bling Fling 2010 and I accept all the rules and conditions of the event.

I also agree to raise a minimum sponsorship of £50 for Bling Fling Charity Walk 2010. (If entering as a team each team member must still raise the minimum £50 sponsorship)

Signed	
Date	

PLEASE NOTE: entries not signed will be returned to the applicant and therefore may not be included in the walk

**Please return completed form & cheque for £20 (made payable to "Bling Fling") to:
The Bling Fling Admin Office, 71 Westburn Road, Aberdeen AB25 2SH.**