

Bling Fling Trainers & Tiaras Charity Walk & Party

Sunday 13th May 2012



Enjoy a 10k (or 5k) walk along the Old Deeside Railway Line from the DuthiePark in Aberdeen and help raise money for Breast Cancer Research at ARI, 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 DuthiePark... 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 email you further details 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 4 – see you on Sunday 13th May!

The Bling Fling 2012 Entry Rules & Conditions –please read before registering

- In the event that the Bling Fling cannot take place on the 13th May 2012, 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

BlingFling 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.

**Contact Us: Website: www.blingfling.org
Email: enquiries@blingfling.org
Tel: (01224) 643327 or (01224) 317060**

BLING FLING 4, 13th MAY 2012 REGISTRATION FORM

Full Name: _____ Date of Birth _____

Address : _____

_____ Postcode: _____

Tel: _____

Email : _____ (Bling Fling will send all correspondence via email where possible)

RECOMMENDED! Entering as a team assists Bling Fling administration and ensures you all walk together on the day.

Team Name _____ No. in Team _____

Note: All members must complete an application, pay the registration fee **and raise the minimum £50 sponsorship.**

Emergency Contact Name (on event day) _____

Emergency Contact Tel No (on event day) _____

Details of Allergies or Medical Conditions: _____

Details of special dietary requirements: _____

To help with our administration and catering, please indicate which walk you wish to complete:

_____ 10km (Duthie Park to Cults and back along the Old Deeside Railway Line)

_____ 5km (as above, 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(subject to availability):

_____ Medium (12)

_____ XLarge (16)

_____ Large (14)

_____ XXLarge (18+)

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

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.

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

_____ Yes

_____ No

Registration Fees

I enclose a cheque (made payable to “Bling Fling”) for my entry fee of £20.

(I confirm that I have read and accepted the conditions of entry to Bling Fling, 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 & Party.**

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.

Signed _____ Date _____
