



Helen's Trust

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Kleinwort Benson



## THE HELEN'S TRUST GOLDEN GATES 10K & FUN RUN

**Why not make a family day of it? Enter non runners and children in the Fun Run and enjoy Chatsworth in the afternoon at a 25% discount.**

- This is a fantastic new event in the spectacular parkland surrounding Chatsworth House in Derbyshire
- The 10k is suitable for all levels of runners. Free training schedules and sessions are available for new and intermediate runners.
- Cash prizes for first male and female, open, 40 and 50 plus veterans
- The Fun Run will appeal to all non runners and children. You can walk it, run it, or skip it!
- Win a cash prize for the best fancy dress in the Fun Run
- A 25% discount on entry to Chatsworth House, its Garden and Farm is available for all entrants of both events.
- Enter before Sunday 6th April and win a helicopter ride for 2 to and from the event
- Win a superb RAB water proof coat worth £170 for getting the greatest number of individual sponsors totalling more than £100
- Team trophy for the fastest non athletic club team based on gun time for 1st 3 finishers. Team league table published on the Helen's Trust web site and in local press. *Make sure you enter your team name on entry forms.*
- Spot Prizes on the day
- Pre race warm ups on the day and after race massage for 10k participants

Fun Run and 10k entry forms and more information from [www.helenstrust.org.uk](http://www.helenstrust.org.uk) or enter the 10k on line at [www.runnersworld.co.uk/helenstrust10k](http://www.runnersworld.co.uk/helenstrust10k)

woodlands  
FITNESS CENTRE

Dronfield 01246 290040 Rowsley 01629 733123



Helen's Trust

# THE HELEN'S TRUST GOLDEN GATES 10K & FUN RUN

Sunday 18th May 2008  
at Chatsworth Park

## Entry Form

**10k Cost:** £17 Unaffiliated £15.00 Affiliated and students under 21 - start 10.30am

**Fun Run Cost:** £7.50 and £5.00 for under 16's - start 12.00noon

PLEASE ENTER ME FOR: 10K  FUN RUN  TEE SHIRT SIZE:

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE NO: \_\_\_\_\_ EMAIL: \_\_\_\_\_

AFFILIATED CLUB/COLLEGE/SCHOOL/TEAM: \_\_\_\_\_

### CHECKLIST

RACE FEE: £	I enclose a A4 SAE and a cheque payable to The Helen Louise Lyon Trust to the Value of: £..... <b>Mail to: Chris Williams, The Byre, Horsecroft Lane, Winster, Derbyshire DE4 2AB</b>	FOR OFFICIAL USE [RACE NUMBER]
DONATION: £		
I will raise sponsorship via www.justgiving.com: yes /no?		
LARGE A4 SELF ADDRESSED ENVELOPE (Large letter postage): <input type="checkbox"/>		

Permit applied for

I declare that I am medically fit to run and that I enter the Helen's Trust Golden Gate 10k or Fun Run entirely at my own risk. I understand the organizers and sponsors will in no way be responsible for any injury or illness incurred during or as a result of the event, or any property lost stolen or damaged. **Minimum age for the 10k, 15 years old.** No age restrictions for the Fun Run. No dogs.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



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Dronfield 01246 290040 Rowsley 01629 733123

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



Helen's Trust

# The Helen's Trust Golden Gates 10k

This is a great new event in the spectacular Chatsworth House Park. Starting at the Golden Gates runners will wind their way up to Dobbs Edge into splendid woodland with two impressive lakes. Then head on toward the Hunting Tower before passing first the Emperor and then the Swiss Lake. Heading toward Park Farm, follow the trail before taking the track back to the Hunting Tower. In contra flow descend back to the Deer Park. Head towards the house and then descend to the road taking you back to the Golden Gate and finish.

**Date:** Sunday 18th May 2008. Closing date 18th April 2008

**Start time:** 1030 a.m.

**Distance:** 10km

**Cost:** £17.00 Un affiliated £15.00 affiliated and students under 21

**Age Limitations:** Minimum age 15

**Surface:** Mostly trails, some grass and tarmac

**Area** – parkland, woodland, lakes

**Terrain:** One steady climb of approx. 100M and similar decent. Rest reasonably flat

**Traffic Free:** yes

**Water Stations:** 2

**Distance Markers:** yes

**Awards:** £100 for first male and female £150 for FMTeam & FFTeam donated by Kleinwort Benson and many more see organizers notes.

Champion Chip Timing. Prizes awarded on fastest gun time and first 3 finishers from each team.

**Venue Facilities** - Free on site car parking, toilets, restaurant facilities,

The entry fee includes a donation to Helen's Trust, the Runners World fee, a free tee shirt and £3.00 voucher that can be used in any of the Chatsworth House food outlets and that's not all each runner will get a 25% discount off individual entry to the Chatsworth House its Garden and Farm. Helen's Trust would like runners to get additional sponsorship by registering on [www.justgiving.com](http://www.justgiving.com). **A superb, fully waterproof RAB Bergen or Vidda lightweight jacket made in eVent fabric, worth £170, will be donated to the person who gets the greatest number of individual sponsors totaling more than £100.** This prize applies to fun run participants as well. The fun run will take place after the 10k. Entry forms can be obtained from the Helen's Trust Web Site, [www.helenstrust.org.uk](http://www.helenstrust.org.uk) / forthcoming events

Male & Female vets over 40 and over 50:- For fastest finisher in each category on gun time, £50 each donated by Bakewell Travel plus Woodlands Fitness Centre [Rowsley and Dronfield] 3 months free membership for winner excluding first overall finishers. Plus 1 month free membership for the runner up and the slowest in each age group.

The lucky winner of a draw of the running numbers of all registered entrants to take place 6 weeks before the event wins a fantastic helicopter ride to and from the event which means 2 lucky people will arrive at Chatsworth in real style! Kindly donated by Chris Mellors of **Aero Maintenance Ltd**  
Spot prizes on the day will be drawn by race number

## New to running and need help?

Free training schedules for new and intermediate runners plus training with the Woodlands Fitness Centre running club.

Call 01629 733123 or 01246 290040. You need to prove registration.

Woodlands Fitness Centre will be offering race warm ups on the day and after race massage.

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# The Helen's Trust Golden Gates Fun Run

*[you do not need to run you can run walk or skip it]*

This is a great new event family in the spectacular Chatsworth House Park. Starting near the Golden Gates, fun run participants will go down to the Derwent Valley Heritage Way at the river side. They will then run along side the beautiful river past the cricket club to Queen Mary's Bower. Turning around the Bower they will then join the road back to the Golden Gates and finish.

**Date:** Sunday 18th May 2008

**Start time:** 1200 midday

**Cost:** £7.50 and £5.00 for under 16's

**Distance:** 2.5k

**Surface:** Mostly trails, some grass and tarmac

**Area** – parkland, riverside

**Terrain:** reasonably flat parkland

**Traffic Free:** yes

**Water Stations:** 1

**Distance Markers:** no

**Prizes:** See below

**Venue Facilities** - Free on site car parking, toilets, restaurant facilities,

**Organizers Notes:**

The entry fee includes a donation to Helen's Trust, a tee shirt and a 25% discount off individual entry to Chatsworth House (its) Garden and Farm. Helen's Trust would like runners to get additional sponsorship through by using [www.justgiving.com](http://www.justgiving.com). **A superb RAB outdoor all weather coat, worth £170, will be donated to the person who gets the greatest number of individual sponsors totaling more than £100.** This prize applies to 10k participants as well. The fun run will take place after the 10k. Both entry forms from the Helen's Trust Web Site, [www.helenstrust.org.uk](http://www.helenstrust.org.uk)

The lucky winner of a draw of the running numbers of all registered entrants to take place 6 weeks before the event wins a treat usually only available to superstars, a fantastic helicopter ride to and from the event will mean 2 lucky people will arrive at Chatsworth in real style! Kindly donated by Chris Mellors of **Aero Maintenance Ltd**

**For the best fancy dress:** for fun run entrants only a £50 prize donated by Bakewell Travel

**Spot prizes on the day drawn by race number**

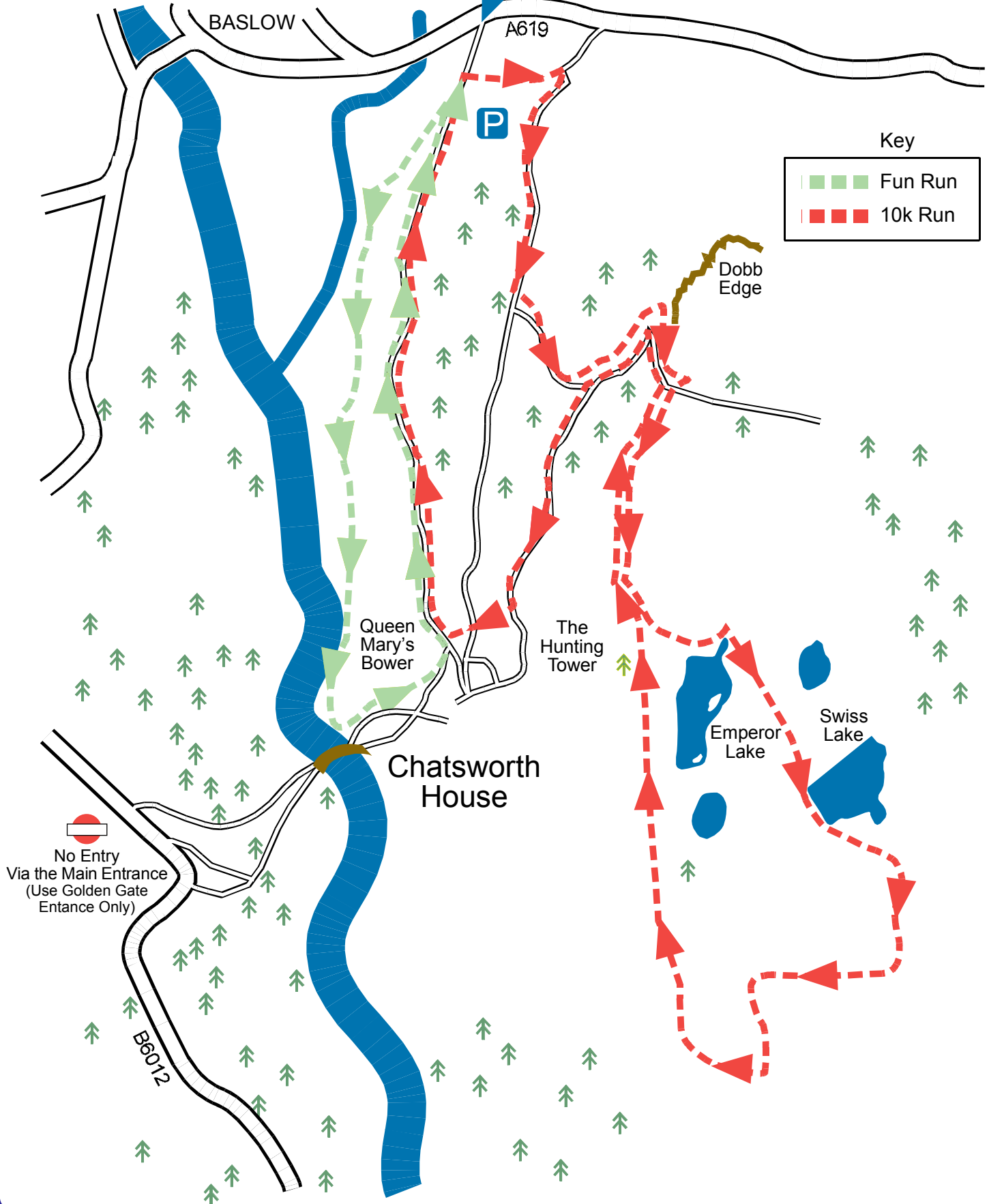
Woodlands Fitness Centre will do a family friendly warm up before the start.



# Helen's Trust

Golden Gate 10k & Fun Run Circuits

Entry Via  
The Golden Gate Only



Key

	Fun Run
	10k Run

No Entry  
Via the Main Entrance  
(Use Golden Gate  
Entrance Only)