



FUN RUN: A Mile for the Nile

Date: Sunday 25 March

Race start: 9:30am

Nile Grove Playgroup are organising a sponsored run for children past and present, 2yrs -16yrs old. We would love for you and any family members and friends to sign up to run for us and to raise a little bit of money for us too. The more the merrier – it will make for a great morning!

Did you know that we have been part of the community for over 30 years. Set up in 1984, a conservative estimate is that at least 1000 families have enrolled their children and been involved in our playgroup over the years.

The playgroup is a registered charity, run by a small team of staff and managed and supported by the families involved and relies on fundraising and donations to keep running. We are fundraising to ensure the playgroup remains part of our community and to also update some tired equipment such as musical instruments, cooking utensil outdoor toys and some gardening tools too.



Event Information



Our **Mile for the Nile** fun run will be run as part of the existing and wonderful [Junior Parkrun](#) at the Meadows. The Junior Park Run is a 2km run made up of 2 x 1km loops. And so whilst technically neither of these are a mile, neither of them rhyme with the word 'Nile'!?

Date: Sunday 25 March.

Race Start: The race starts at 9:30am, but all runners should arrive for 9am

Meeting Point: Look for the blue gazebo and lots of balloons at the Summer Hall end of the Meadows next to the play park

Age: Whilst the Junior Park Run states their event is for children between the ages of 4-14yrs, younger children can run, but they will not get an official 'park run' time. Adults can run with their children, and buggies are permitted too.

Run distance: Because the race is actually 2 x 1km laps, children will have the option to run 1 or 2 laps.

Entry Information

To take part in the run and raise money for the play group you will need to do both of the following:



1. Fill in the short registration form, listing the details of each child taking part – or email us at info@nilegroveplaygroup.co.uk
2. [Register](#) each child taking part with [park run](#), and print out their park run barcodes (park run registration is completely free of charge)

Fundraising information



Sponsorship form: please use the sponsorship form to collect donations. Please collect all money and return to playgroup by Thursday 29 March.

Online donations: the playgroup has a BT My Donate page - you can use the following [link](#) – <https://mydonate.bt.com/events/mileforthenile/457081> to pass on to friends and family to donate online. Or you can set up your own 'My Donate' page and link to our charity page.



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Sponsorship Form

My name is _____ and I am running a 2km fun run on Sunday 25 March at the Meadows Junior Park Run.

Gift Aid

If you Gift Aid your donation, we can reclaim tax equal to 25p for every £1 you give. To qualify for Gift Aid, you must pay UK Income Tax and/or Capital Gains Tax in the current tax year at least equal to the tax that the charity will reclaim on your donations. All you need to do give us your full name and address (inc postcode) and tick the box in the Gift Aid column. It's that simple!

Name	Address (inc. postcode)	Amount	Gift Aid	Date



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Registration Form

Personal Details (Please fill in one form per child)

NAME (runner) _____

DATE OF BIRTH _____

AGE _____

NAME (parent / guardian) _____

CONTACT NUMBER _____

EMAIL _____

PLEASE NOTE:

Whilst it is not mandatory for a parent / guardian to participate with their child in the Meadows Junior Parkrun, a responsible adult must remain in attendance for the duration of the event.

Buggies are allowed to take part on the course.

Participation is for fun - children are welcome to run/ jog / walk / skip around the course

Dogs / bikes / scooters are NOT allowed on the course

Fun Run T-shirts

Nile Grove 'Mile for the Nile' fun run t-shirts are available for all children running and will cost £10 each

If you would like a t-shirt please fill in the details below. Deadline: Friday 16 March.
[Once we have received all t-shirt orders we will contact you to confirm and organise payment]



Yes / No I would like a t-shirt

Size: 2 -3yrs 3-4yrs 4-5yr 5-6yrs 6-7yrs

Other (please state) _____

Please email completed registration forms to info@nilegroveplaygroup.co.uk,
or hand in at Leaf and Bean, at playgroup or to a playgroup parent