



Rockinghorse: Making life better for children in hospital.

Rockinghorse is an independent charity that raises money to help provide the additional equipment and services needed by children's medical facilities in East and West Sussex, and especially the Royal Alexandra Hospital in Brighton – the only children's hospital in the region. With the help of Rockinghorse, The Royal Alex improves the lives of thousands of sick local children every year.

Rockinghorse relies on the support of kind and concerned local people to buy the equipment that enables the hard-working doctors and nurses at The Royal Alex to offer the levels of dedication and care that ill and injured children deserve.

'6 in the park' is a wonderful way for local runners to get involved and help raise funds that will buy 6 vital pieces of equipment that could make all the difference to local children. We hope you will come along, enjoy yourself and help make '6 in the park' a huge success.



"Leah's asthmatic. She'll be two next month but she's already quite a regular at The Alex. Between October and June last year she was in twelve times. We've been here so many times that it's almost like our second home. The care here is brilliant, absolutely fantastic. There's never any doubt in my mind about what they're doing. I always know she's in the right place."

Erin



Rockinghorse, 11, Prince Albert Street, Brighton, East Sussex BN1 1HE
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www.rockinghorse.org.uk



6 in the park



Six times the challenge

In conjunction with Brighton & Hove Athletics Club



Rockinghorse Race Series 2007



2006 was our most successful year yet, with over 100 runners taking part in each event. Will you help make 2007 even bigger and even better?

6 in the park

Are you looking for a serious fitness challenge? Do you want the chance to test yourself, improve your running times and take part in exciting races? And would you like to raise money to buy equipment for a local children's hospital at the same time?

If the answers are 'yes' you simply **MUST** enter '6 in the park' – your opportunity to race with the best of them and help save the lives of ill and injured children in Sussex.

Between April and September, the Rockinghorse Race Series 2007 presents six fun-runs in Hove Park. Separate 5k races for under-13s and adults will take place on the second Thursday of each month – with the final 8k challenge on Saturday 8th September.

Register for 6 in the park today. Take part in any or all of the races and set yourself a real challenge this summer.

"I still love the atmosphere and excitement of a good race meeting, but these days I'm just as passionate about Rockinghorse and its fabulous work providing equipment that saves children's lives. I hope you'll join me this summer and help make 6 in the park a success. See you there!"

Sally Gunnell OBE,
Vice President,
Rockinghorse



Photographs by AntBliss.com

Application Form

For your sponsorship pack and race number, complete the entry form below, indicating which races you would like to register for. Return it to us as soon as you can to guarantee your place and accept the challenge TODAY!



1. Runner details:

Surname: First name:
 Date of birth: / / Male: Female: Age on race day:
 Address:

 Postcode:
 Club: Contact No:
 Email:

2. Please enter me into the following events (tick box as appropriate):

RACE 1 5K	<input type="checkbox"/>	Thursday 12th April 2007, 7pm	£5 (or £6 reg. on day)
RACE 2 5K	<input type="checkbox"/>	Thursday 10th May 2007, 7pm	£5 (or £6 reg. on day)
RACE 3 5K	<input type="checkbox"/>	Thursday 14th June 2007, 7pm	£5 (or £6 reg. on day)
RACE 4 5K	<input type="checkbox"/>	Thursday 12th July, 2007, 7pm	£5 (or £6 reg. on day)
RACE 5 5K	<input type="checkbox"/>	Thursday 9th August 2007, 7pm	£5 (or £6 reg. on day)
RACE 6 8K	<input type="checkbox"/>	Saturday 8th September 2007, 2pm	£6 (or £7 reg. on day)
RACE SERIES:	<input type="checkbox"/>	All dates above	£27

The U13 series challenge £2 per race: Races 1-5 begin 6.30pm, Race 6 begins 1.30pm. ENTRIES ON THE DAY

3. I enclose a total amount of: £

Please make cheques payable to Rockinghorse and return to: Rockinghorse, 11 Prince Albert Street, Brighton, East Sussex BN1 1HE

4. Declaration: I'm medically fit to run and understand that I enter at my own risk. The race organisation and officials appointed by them will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event. Any runner who will be under the age of 18 on the day of the event will need the additional signature of a consenting parent or guardian.

Signature Date / / Official No:
 Parental Signature Date / /

Please tick here to enable us to reclaim tax on all donations you have made since 6th April 2000. You must have paid Income or Capital Gains Tax (in the UK) equal to tax that will be paid (currently 28p for each £1 you give).

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All proceeds go directly to Rockinghorse 'Making life better for children in hospital'. For further information call Simon or Vicky on 0845 222298, email: simon.taylor@rockinghorse.org.uk or log on to www.rockinghorse.org.uk

We would like to send you regular news and events, including via email. We will never share your details with a third party. If you would rather not receive such information please write to us at The Rockinghorse Appeal, 11 Prince Albert Street, Brighton, BN1 1HE.

Registered Charity No. 1018759