

A Message from Bracknell & District Samaritans

Welcome to our Sam Run 2009 – the 28th Sam Run!

We hope that you will enjoy the run, all the more for knowing that you have helped to raise money for such a deserving cause. All Samaritans are unpaid volunteers and our only source of income is donations.

We thank The Master of Wellington College and his staff and pupils for their support of this event.

Samaritans offer a confidential, listening service 24 hours a day, 365 days a year. They can be contacted by telephone, e-mail, letter or visit. Last year our branch took over 21,000 calls.

Thank you to all participants for making it possible for us to continue our service to those in need.

If you need to talk: 08457 90 90 90
or: jo@samaritans.org

*Branch Chairman
Samaritans of Bracknell, Wokingham,
Ascot & Districts*

Registered Charity Number 264986

SAMARITANS

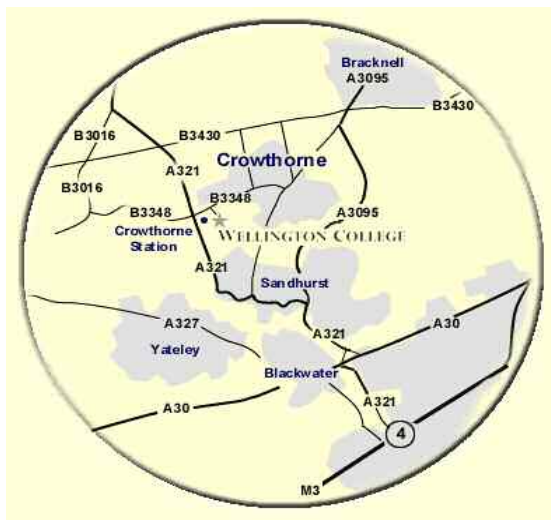
Samaritans support
People at the end of the line...
Will you support Samaritans?

Money and volunteers are always needed.
Please phone your local branch if you can
help (the number is in the phone book).
If you live in Bracknell, Wokingham, Ascot
or the surrounding districts, the number is:
01344 455556

Wellington College, Crowthorne

Wellington College which stands in 400 acres of lovely grounds has again kindly provided us with the venue for our 10k Sam Run. Wellington was founded in 1852 as a living memorial to the first Duke of Wellington, great soldier, statesman and Prime Minister. It is co-educational and has 900 pupils, both boarding and day.

Dr Anthony Seldon, Master of Wellington College, has said " On behalf of everyone here at Wellington College, I am delighted to help support the Samaritans. Chad Varah's vision has been realised and thousands of people owe much to the Samaritans for their quiet, confidential support. So may the sun shine on the runners at Wellington at the end of June and their fund-raising allow the vital work to continue"



Bracknell & District
Samaritans
28th

**10K Sam Run 2009
and 5K RUN**

Sunday 28th June 2009

at Wellington College,
Crowthorne, Berkshire RG45 7PU

- 5K Run: 10.20 am
- 10K Run: 10.30 am
- Fast, off-road, scenic course
- First class venue
- Sam Run finishers' medals
- Sponsored runners prize draw
- Special prize for most sponsorship raised
- Results available on Internet at <http://www.samaritans.org.uk/~bracknell/samrun>

All proceeds to Samaritans of
Bracknell, Wokingham, Ascot & Districts

AGE QUALIFICATION: Must be 16 years and over
on race day to enter the 10K event.

10K RACE CATEGORIES:

Men's Open : All Ages
Men's Veteran : 40 to 49, 50 to 59, 60 and over
Women's Open : All Ages
Women's Veteran : 40 to 49, 50 and over

5K RACE CATEGORIES:

Men's Open : All Ages
Women's Open : All Ages
First Boy : Under 16
First Girl : Under 16

PRIZES:

Shields will be awarded to the winners of the various categories.

Each finisher will receive a Sam Run Medal.

RACE FEES:

10K £8 (£10 on the day)
5K £6 (£8 on the day)
Under 16 £5 (£7 on the day)

Please make cheques payable to:
BRACKNELL & DISTRICT SAMARITANS
and enclose a stamped addressed envelope (9" x 6").
(Please use a stamp for a large envelope.)

SEND ENTRY FORM TO:

Sam Run, Hope Cottage, 2 Mount Pleasant,
Bracknell RG12 9AD

ENQUIRIES: brackrun@samaritans.org.uk or to the address above.

Web Site:

<http://www.samaritans.org.uk/~bracknell/samrun>

COURSE RECORDS;

10K Men's Open: Philip Sanger 34m 01secs
10K Women's Open: Sarah Gee 38mins 33secs
5K Men's Open: David Vogwell 17mins 18secs
5K Women's Open: Sarah Gee 18mins 49secs
5K Boys Under 16: William Quick 17mins 34secs
5K Girls Under 16: Katie Trehwella 20mins 09secs

The organisers reserve the right to limit and refuse entries.

COMPUTERISED RESULTS

MESSAGE FROM THE RACE COMMITTEE

Wellington College has again provided us with a safe and traffic-free venue for our event in their scenic grounds.

The 5K will be run over 1 lap and the 10K over 2 laps of a fast, very pleasant accurately measured course with few gradients, through woodland on a mixture of tarmac and woodland tracks.

All the necessary changing and toilet facilities are provided, as well as ample free parking.

We hope that we can once again generate the friendly atmosphere of last year's very successful event which raised over £3,300.

WILL YOU HELP US TO HELP OTHERS?

Every pound made by the Sam Run goes to our work. Your efforts in raising sponsorship money will help us even more to help others.

If you know anyone who would like to help with our event please contact us.

SPECIAL PRIZE

There will be a special prize for the most sponsorship raised for Samaritans by an individual runner.

SPONSORSHIP PRIZE DRAW

Every runner raising £5 or more in sponsorship for the Bracknell Samaritans will be entered in the draw for a special prize.

Sponsorship forms will be sent to all entrants

**Bracknell & District Samaritans
10K & 5K Run 2009**

Surname
[Grid for Surname]

First name
[Grid for First name]

Age on Race Day: [Grid] Date of birth: Day [Grid] Month [Grid] Year [Grid]

Please enter me for the [] 10K Run
Please enter me for the 5K [] Run
[] Male
[] Female

Club
[Grid for Club]

Postal Address
[Grid for Postal Address]

[Grid for Postal Address]

Town
[Grid for Town]

County
[Grid for County]

Postcode
[Grid for Postcode]

Phone Number (full STD Code)
[Grid for Phone Number]

E-Mail Address
[Grid for E-Mail Address]

Please enter me for the Sam Run. I am medically fit and fully accept that I participate at my own risk and understand that the organisers will not be held responsible for any injury or illness resulting from the event or for any damage to, or loss of, property.

I enclose a cheque to the value of £..... made payable to BRACKNELL & DISTRICT SAMARITANS to cover my entry fee.

I also enclose a large stamped addressed envelope (9"x6"), with a stamp for a large envelope.

Signed.....
E-mail any queries/comments to: brackrun@samaritans.org.uk