



*Enter as a team of 3 or on your own,  
Walk Run or Cycle - dress up if you want to!*

As part of our Charity fundraising for “Unique Imelda” (please see [www.ukeonthebrain.org.uk](http://www.ukeonthebrain.org.uk) for details) we are having a sponsored **Tri ”ache” alon** around the tracks in Great Notley & the Discovery Centre. It will be on **SUNDAY 30th SEPTEMBER 2018** in the afternoon. We will start on the green near Tesco’s car park at 2pm. Afterwards we will have a picnic on the green. It’s a 3 mile level route off road. 1 lap for a walk, 2 laps for a run and 3 laps for a cycle - hence IMELDA 369! **Thank you for sponsoring me and supporting Imelda.**

I am walking 3 miles

I am running 6 miles

I am cycling 9 miles

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“Unique Imelda” is part of a charity fundraising site - please see [www.justgiving.com/campaigns/charity/just4children/uniqueimelda](http://www.justgiving.com/campaigns/charity/just4children/uniqueimelda).  
This event is promoted by Uke On The Brain and you **MUST** register on our website to take part and/or collect monies for the charity.  
The organisers are not providing any other support apart from publishing sponsor forms and a route. You are responsible for your own well being.