

AMNESTY INTERNATIONAL

RETURN OF

FIVE-BARRIERS FUN-RUN / WALK

The Orkney Branch of Amnesty International is once again to hold their fundraising 5 Barriers Fun-Run – to be held in the afternoon of Sunday 3rd September 2017.

The run of 6.5 miles is from the Commodore Motel in Holm, across the 4 Churchill Barriers, touching base on South Ronaldsay, then returning over the 4th barrier to finish at the Sands Motel in Burray Village.

The event will start at 3.00pm to coincide with low tide.

Entrance fee: £5 per adult; £3 per child (under 15), or by fundraising sponsorship.

Entry and sponsorship forms are available from the Pickaquoy Centre and InterSport in Kirkwall, the Library in Stromness, and from Burray- and Dounby shops.

******EVERYONE WELCOME******

Run, walk, bring the dog, push the buggy – open to all

AMNESTY INTERNATIONAL'S

5 BARRIERS FUN-RUN / WALK

Sunday 3rd September

The run of 6.5 miles is from the Commodore Motel in Holm, across the 4 Churchill Barriers, touching base on South Ronaldsay, then returning over the 4th barrier to finish at the Sands Motel in Burray Village.

Please note: There is no organised transport between the start and finish venues, so entrants must make their own arrangements for returning to cars.

Entrants to meet at the Commodore Motel at 2.30 pm.

This event has been organised to raise funds for Amnesty International and to promote the importance of Human Rights. The 5 barriers to be crossed represent five of the main barriers to Universal Human Rights: Torture; Disappearances; Death Penalty; Child Soldiers; and Injustice.

ENTRY FORM

Name.....Age (if under 15).....

Contact address.....

Tel No.....

Entrance fee: £5 per adult; £3 per child under 15, to accompany entry form; OR by fundraising sponsorship, (all pledged sponsorship to be returned by end of September).

Cheques made payable to 'Amnesty International - Orkney Branch'.

Children under 8 must be accompanied by an adult.

Entrance fee enclosed. Sponsorship form to follow. (Tick one.)

Entries to Sue Struthers, Hillbanks, Burray, by 2nd September.

Disclaimer and conditions of entry:

1. All entrants must comply with basic safety rules outlined at registration.
2. No liability whatsoever will be placed on Amnesty International or the event organisers for any loss or injury during the event or from the start and finish venues.

I have read and understood the disclaimer and conditions of entry as stated.

Signed.....

AMNESTY INTERNATIONAL

5 BARRIERS FUN-RUN / WALK

SPONSORSHIP FORM

Name	Amount Per barrier / total	Name	Amount Per barrier / total

Name..... Tel. No.....

Address.....

Total sponsorship raised.....

All sponsorship money to be returned by 30th September. Cheques to be made payable to ‘Amnesty International – Orkney Branch’. Send to Catriona Malloy, 15 Sutherland Park, Kirkwall, Orkney KW15 1DR.