

BLACKWATER JUDO CLUB (Maldon)

CHARITY RAISING “THROW FOR THROW” COMPETITION

WHERE AND WHEN

Thursday 23 February 2012 @ BLACKWATER LEISURE CENTRE during normal judo times –senior/junior

Saturday 25 February 2012 @ WEST MALDON COMMUNITY CENTRE during normal judo times –senior/junior

Why

A young 4-year old girl Izzy Kuta from Maldon suffering from cerebral palsy and can only manage a few steps unaided requires an urgent operation before she is 6-years old or spend a life time in a wheel chair. Unfortunately this operation can only be carried out in America and will cost £50,000. As many of you are aware we managed to raise £212 from the raffle at the Christmas party but would like to help her even further.

This competition is for you to get sponsors based on how many throws the sponsors believe you can do in a given time. “HINT” the simpler the throw the more you will do. I/we young Izzy desperately need your help, please support the club in this important activity.

- Under 8’s 1 minute
- Under 11s 1 minute 30 seconds
- 11 to 15s 2 minutes
- 16+ 3 minutes
- Over 35s whatever you can do before oxygen is required

Student name: _____ Age: _____ Time Period: _____

Sponsor	Amount per throw or	Lump sum amount	Total number of throws	Total amount collected

If you need more rows, either photocopy this form or add them to the back of this sheet in your own table.

Any questions please contact me as soon as possible – John Pegram 07966 824496 or email johnpeggram2004@googlemail.com