



My WiSH Charity - Soap Box Challenge

RULES & GUIDELINES

BEFORE YOU START BUILDING YOUR SOAP BOX PLEASE READ THE FOLLOWING CAREFULLY

The idea of this event is for everyone to have fun safely, in the building of the Soap Box and in participating in the event.

This event will be run downhill **ON A CLOSED ROAD** and will be a timed event.

Helmets and protective knee and elbow pads are essential (you will not be allowed to race without them) but we also recommend you wear full protective clothing (ie motorbike leathers) to avoid injury. See Clothing.

The team will consist of someone to push you off at the start and the driver as a minimum with a maximum number of 6 in the team. Minimum of 1 driver and maximum of 1 driver and 1 passenger allowed in the soapbox. **Minimum age for entry is sixteen.**

Each team will have **ONE** run so make it a good one!

Trophies will be presented for:

Best Soap Box (wackier the better, have fun, cover with your company logo, let your imagination run wild!)

Best Presentation (dance and costume pre-race, we expect a good performance!)

Fastest Time

Champion Soap Box Team (overall top point scorer)

Each round is worth 10 points and is judged by a panel.

There will be an additional category of **Best Fundraisers** with the team raising the most money for My WiSH Charity winning a trophy. (Please note, this will not a point scoring category).

Your £100 entry fee will, this year, be supporting our Butterfly Appeal to help us build a garden for our end of life patients and to further enhance end of life care at West Suffolk Hospital. Please go to www.mywishcharity.co.uk/appeals to find out more.

We kindly ask that your team also raises a minimum of £500 to help us continue to support all areas of the West Suffolk Hospital. You can choose where you wish to fundraise for. We have over 90 areas covering all ages and aspects of care so it could be the stroke unit or the WiSH Upon a Star Childrens fund, the breast unit or the emergency department, you choose. Wherever you wish to support we can guarantee the money will make a big difference and help make patients, their loved ones and staffs lives easier.