

Join us at the 2011 FAVERSHAM 10K & 1K FUN RUN

10k (11am)
approx 1k Fun Run (10.30am)
Sunday 18 September 2011
Abbey School, London Road, Faversham



Lace up those trainers and join us on our 10k route through breathtaking Kent countryside.

Our 10k timed run not only offers you a professional event with a very friendly atmosphere, but t-shirts and medals. With water stations, fruit at the finish plus ample parking and toilet / changing facilities. The Fun Run is approximately 1k and all finishers get a medal too.

Offering you a fantastic 10k or 1k route, this event is ideal for absolute beginners or elite athletes; it was set-up to allow everyone to take part in a mass participation event, have fun and a great family day out too if you want to make the most of it!

Enter online at www.faversham10k.co.uk
or complete and return the entry form overleaf.

Cystic Fibrosis (CF) is one of the most common life-threatening inherited diseases in the UK affecting over 8,500 babies, children and young adults. CF makes the body produce thick, sticky mucus that literally clogs the body's vital organs making it difficult to breathe and digest food. There is presently no cure and 90% of young people die from lung failure. Use your lungs to run the 1k or 10k with us and help See Off CF.



Online entry via www.faversham10k.co.uk

Cystic Fibrosis Trust: www.cftrust.org.uk
Registered as a charity in England and Wales (1079049) and in Scotland (SC40196)

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FAVERSHAM 10K

Entry Form 2011

Title: First name: Surname

Address:

Town Postcode

Mobile No: Daytime Telephone:

Evening Telephone: Email*:

Date of Birth: ... / ... / Male Female Occupation:

Age on race day: ... Next of Kin: Relationship:

Anyone under the age of 16 on race day, must be accompanied by a parent or guardian

Contact Details:

I wish to take part in: 10k 1k Fun Run Both (please tick)

Where did you find this leaflet?

Name of Athletic Club (if applicable):

UKA Registration No. (if applicable):

If you have CF you are strongly advised to discuss your participation of any event with your CF consultant.

*Email consent: By giving us your email address, you are giving us consent to send emails to you with information about our work and other events.

T-shirt size (please tick): S M L

I enclose payment for the following amount (please tick all that apply):

10k – Attached £12.00

10k – Unattached £14.00

Last date for postal entries 9 September Entry fee on day £15.00

Fun Run £3.00

I would like to make a donation** £.....

Total amount being paid to CF Trust

Please enclose a cheque / postal order payable to 'Cystic Fibrosis Trust'

OR: Please debit my credit card CAF charity card Switch/Maestro

Card No: Issue No. (Switch/Maestro): ...

Start date: ... / ... / Expiry date: ... / ... /

Cardholder's name:

Declaration: I declare that I will abide by the rules of the UK Athletics. I am an Amateur under the UK Athletics and I will be aged 15 or over on the day of the race for the 10k run. I accept that the organisers will not be responsible for any loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event, however caused. Regretfully no refunds can be given.

Signature: Date: ... / ... /

Return entry form and fee to: Faversham 10k, 11 London Road, Bromley, BR1 1BY

Data Protection / Privacy Policy: The Cystic Fibrosis Trust does not sell or rent your personal details to any other organisations. The details you provide on this form may be used to contact you about our work. Please see www.cftrust.org.uk for details of our Privacy Policy. The participant consents that his/her appearance in the event may be filmed/photographed for possible use by the CF Trust for event galleries or future CF Trust literature.

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****Make your gift go further at no extra cost to you.** *giftaid it*

Please tick the Gift Aid box next to your donation to authorise the Cystic Fibrosis Trust to claim an extra 25p per £1 donated on this and all future donations from the date of this declaration and four years prior to this year.

To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount that the charity will reclaim on the donation.

Please let us know if you no longer qualify.

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