

Entry Form
The 11th ABERYSTWYTH 10k ROAD RACE
SPONSORED BY "THE CAMBRIAN NEWS"
SUNDAY 13 December 2009

10k Run starts at 1.00 pm Plas Crug Ave

PLEASE register beforehand however last minute entries on the day from 10.30 am, Plas Crug Leisure Centre

Held under rules of UK athletics, very Flat Town Course (AAW Measured) Cert No: T.B.A.

Best Times:

Male: Jean Ndayisenga, Birchfield Harriers – 30.07 (2008)

Female: Mary Wilkinson, Aberystwyth, 35m 58s (2004)

Prizes: Prizes available in various categories

CLOSING DATE FOR POSTAL ENTRIES 4 DEC 2009

Please complete all section in BLOCK CAPITALS

Last year 10k runners collected a minimum of £25 for Macmillan Cancer Support, please would you consider helping us once again this year in this way.

Title (Mr/Mrs/Miss/Ms) _____ Forename _____ Surname _____

Sex: _____ Age on 12/12/09 _____

Address _____

Post Code: _____ Tel No: (STD: _____) _____

ABER 10k ONLY: Running Club Name, if applicable: _____

AAW Reg No: _____

Are you running as a Team? Yes No

IF YOU ARE RUNNING AS A TEAM, YOU WILL NOT BE ELIGIBLE FOR ANY OTHER PRIZES.

Team Name (min 3) _____

ALL RUNNERS

I understand that I participate completely at my own risk and the organisers will not be responsible for any loss or injury however caused. Minimum age for participants: Aber 10k - 15 yrs.

Signed: _____ Date: _____

Entry Fee - **ABER10K: £14** or **£12** for attached athletes. (Which includes mandatory £2 to Welsh Athletics).
£15 if registering on the day of the event all runners, various prizes.

T Shirt £8† Please tick if required and state size M, L

The sale of T-shirts will generate funds for Macmillan Cancer Support, unfortunately we cannot guarantee size availability).

Cheques to be made payable to: **Macmillan Cancer Support**

Entries (**SAE – 47p**) to: 25 Prospect Street, Aberystwyth, Ceredigion, SY23 1JJ Tel:01970 611068

For further details please e-mail: jwaters@macmillan.org.uk 01792 540079 www.aberystwythac.org.uk

Sponsorship form

You can photocopy this form if you need more space



Event Name: ABER 10K

Event Date: 13 December, 2009

Name:

Address:

Postcode

PLEASE COMPLETE IN BLOCK CAPITALS
and return completed forms and money received to:

Macmillan Cancer Support
Gorseinon Hospital
Brynawel Road
Gorseinon, Swansea, SA4 4UU

<p>Make your gift work harder</p> <p><i>giftaid it</i></p>	<p>Do you pay tax? If so your gift will be worth almost a third more to us – at no extra cost to you. All you have to do is tick the box below and the tax office will give 25p for every pound you give.</p> <p>I am a UK tax payer and I would like Macmillan Cancer Support to treat all donations I have made for the six years prior to this year and all donations I make in the future as Gift Aid Donations, until I notify you otherwise</p> <p>I understand that I must have paid sufficient income tax or capital gains tax during the relevant tax year to cover the amount Macmillan reclaims on my donations</p>
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Name	Home address	Postcode	Please tick if you'd like to Gift Aid your donations	Please tick if you do not wish to receive information on the work of Macmillan	Amount sponsored	Amount Paid
Sub Total						

www.macmillan.org.uk

Macmillan Cancer Support improves the lives of people affected by cancer. We provide practical, medical, emotional and financial support and push for better cancer care. Cancer affects us all. We can all help. We are Macmillan Cancer Support.

Registered charity number 261017.