

Application for a place in the London BUPA 10,000 Bank Holiday Monday 30st May 2011

Thank you for your interest in running the BUPA London 10,000 to support Self Help Africa. Please complete this form to secure a place in Self Help Africa's team at the Bupa London 10,000 on 30 May 2011, and email it back to infouk@selfhelpafrica.org or post it to **Self Help Africa, Second Floor, Westgate House, Dickens Court, Hills Lane, Shrewsbury, SY1 1QU.**

Personal Information *required fields

Full name*	
Home address*	
Postcode*	
Day time phone number*	
Mobile phone number	
E-mail address*	
Date of Birth	
Occupation	
T-shirt size: S,M,L,XL	
Would you like to receive email updates about our projects and events?	
How did you hear about the event?	
Have you run a 10k before?	
What is your predicted time for the Bupa 10k?	

Self Help Africa has a number of guaranteed places for the Bupa London 10,000 in 2010. We ask each of our runners to commit to raising **at least £300.00 (excluding gift aid)** in sponsorship money for Self Help Africa's work.

I have read the conditions of entry and agree to raise a minimum sponsorship of £300.00 which **I will send to self Help Africa by 31st July 2010.** I understand that photographs may be taken during the event which may be used to publicise future events and the work of the charity.

Signed.....

Date.....

Once we have received your form, we will confirm your registration and send you a fundraising pack and t-shirt within 10 working days. We will keep your details on our secure database and won't pass your details onto any third parties. If you have any queries, feel free to ring the office (01743 277170) or email infouk@selfhelpafrica.org.