

Life Changing Experiences

BUPA London 10K

General Runner application form

Monday 25 May 2009

Time to get equal

scope

About cerebral palsy.
For disabled people achieving equality.

To register

If you have been lucky to secure a place in the BUPA London 10K through the public ballot and want to run for Scope, please complete the following application form and send it to: **Event Fundraising, Scope, 6 Market Road, London N7 9PW.**

My BUPA London 10K running number is: _____

Previous participation

Have you taken part in a Scope event before? Yes No

If yes, when? _____

A name, address and email list may be sent out prior to the event to enable the Scope Team runners to get in contact with one another. Please tick the box if you DO NOT wish your name and address details or email address to be passed on to other participants.

Personal details

Title (*Mr/Mrs/Ms/Miss*) _____

Surname _____

Forenames _____

Address _____

Postcode _____

Date of Birth _____

Home telephone _____

Work telephone _____

Mobile telephone _____

Email _____

T-shirt

We will provide an exclusive Scope Team t-shirt for the day of the run. Please tick size.

Men (chest) 36" 38" 40" 42" 44" 46"

Women (chest) 32" 34" 36" 38" 40"

Employer details

Name _____

Type of business _____

Position held _____

Match your fundraising total? Yes No

Is there a company newsletter/magazine/intranet? Yes No

If yes, please give the editorial contact name and phone number

Why have you decided to run the BUPA London 10K?

My estimated finishing time is

What are your key fundraising ideas for the event?

Please turn over

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Do you have a particular reason for choosing to run for Scope?

(ie. do you have a relative or friend with cerebral palsy?)

Where did you see Scope advertised?

(please state name of publication/radio station/flyer)

Medical history and fitness confirmation

A 10K run is a strenuous activity and the decision to run one should not be taken lightly. If you are not a regular runner you should seek professional advice about your fitness and training requirements.

If you are over 60 years or if you have any medical condition that could be adversely affected by exercise, particularly a heart condition, or if you are in doubt about your health, you must obtain a medical certificate from your doctor.

Please confirm that to the best of your knowledge your general state of health and fitness is good and you take full responsibility for yourself.

Signature _____

Date _____

Conditions of entry

- You must be at least 16 before the date of the run.
- I will endeavour to raise as much sponsorship as possible for Scope from running in the BUPA London 10K.
- All runners take part at their own risk.
- I consent to Scope contacting me via telephone, fax, letter or email for any matter relating to my fundraising and my participation in this event.
- I give Scope permission to use any photographs/videos taken of me to raise awareness and/or money for Scope's work with disabled people.

Signature _____

Date _____

Recommend a friend!

If you know anybody who has a place and would like to join in the Scope Team, please complete the section below and an enquiry pack will be sent to them.

Name _____

Address _____

Postcode _____

Daytime Tel _____

Evening Tel _____

