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**British 10k 2017**

We have guaranteed places available for the 2017 British 10K London Run. The route starts in Piccadilly, winds its way through the centre of London and finishes on Whitehall next to the Horse Guards Parade. In previous years over 30 world famous monuments including Westminster Abbey, Big Ben, St James’s Palace and the Houses of Parliament have featured along the route and as of 2015 the course features even more iconic London landmarks. For more information about the course and entry requirements, visit **www.thebritish10klondon.co.uk**.

**Event details:**

**Name:** British 10k London run

**Date:**  9 July 2017

**Registration fee:** £20

**Minimum Sponsorship:** £175

**Contact**: fundraising@actionforme.org.uk

As a member of the Action for M.E. British 10k team you will receive:

* Full support from the Action for M.E. fundraising team
* A full fundraising pack including poster, leaflets and ideas.
* Access to our fundraising materials which include balloons, wristbands and collection tins
* A free running vest

**How do I register for a place?**

To enter please fill in the details below and return by

Email to: fundraising@actionforme.org.uk

Post to: Action for M.E., 42 Temple Street, Keynsham, BS31 1EH

To pay your £20 registration fee you can post a cheque with your registration form or to pay by debit or credit card, please call us on 0117 9279551 and we can take payment over the phone. Please note, your place is not confirmed until the registration fee has been paid.

**Personal details:**

**Please write in capitals**

First name: Surname:

Date of Birth: ⬜ Male ⬜ Female

Address:

Contact number:

Email address:

Emergency contact name:

Emergency contact number:

Please specify your running vest size:

X-Small / Small / Medium / Large / X-Large

Please explain why you would like to take part for Action for M.E.:

(Continue on new sheet if necessary)

Sharing your story with your local media helps promote your fundraising efforts, and raise awareness of M.E. **Please would you be willing to let us send a press release featuring your story (including your name, age and general location, but not your full address, email or contact number) to journalists?** ⬜ Yes ⬜ No

How did you hear about Action for M.E.’s British 10K places?

**Your preferences**

⬜ I would like to receive a monthly update e-newsletter on Action for M.E.’s work and activities.

⬜ I do not wish to receive any appeals for money.

**Pledge**

I would like to register for a place in the British 10k 2017 for Action for M.E. I agree to pay the £20 registration fee and pledge to raise a minimum sponsorship of £175

Signed: Date:

If you have any questions please contact the fundraising team on **fundraising@actionforme.org.uk**.

**Thank you!**