willow 10K

Saturday 2 October 2010 • Hatfield House, Hertfordshire

REGISTRATION FORM

Every participant must fill out and sign their own form. Please complete and return to the Willow Foundation at the address below:

Name

Address

Postcode

Telephone

Email

Date of birth: / /

Age on 2 October 2010*

(*entrants must be 16 yrs or older on race day)

Race entry level: ☐ Fun runner/walker ☐ I have run 10K before. Estimated time: hrs mins

Entry fee: **£15.00**

willow 10K **T-shirt:** **£5.00** Size required: S ☐ M ☐ L ☐ XL ☐

Donation £

TOTAL £

GIFT AID

☐ **NB if you Gift Aid this donation the Willow Foundation will receive an extra 28p for every £1 donated - at no extra cost to you!** Please treat all gifts of money that I have made in the past 4 years and all future gifts of money that I make from the date of this declaration as Gift Aid donations. I understand that I must pay Income Tax or Capital Gains Tax equal to the tax reclaimed by the charity on the donation. By ticking the Gift Aid box, the Willow Foundation will be able to raise an extra 28p for every £1 you donate.

Is your donation made in memory of a loved one? If yes, please give their name:

☐ I enclose a cheque made payable to 'Willow Foundation'

☐ OR debit my credit or debit card account:

Card (delete as appropriate) VISA / MASTERCARD / SWITCH / MAESTRO / AMEX

Card no. ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐☐☐ (Card must be registered at the address given above)

Security code ☐☐☐☐ (Last three figures on signature strip, Amex: four figures on front) Record of your security code will be destroyed once the transaction is complete

Start date ☐☐/☐☐ Expiry date ☐☐/☐☐

Name (as it appears on your card)

Signature

General Information

We cannot refund entry fees to participants who do not eventually take part in the event. No dogs, cyclists or prams allowed on the course. The course is not suitable for wheelchairs. There will be no entries on the day. Receipts will not be issued so please check your bank statement for confirmation of entry receipt. The Organisers reserve the right to limit and refuse entries. **Medical Advice:** if you suffer from any form of medical condition mark the front of your race number with a prominent waterproof cross and list details of the condition on the back of your race number.

Declaration

I fully understand that I have entered this run at my own risk and that the Organisers and Sponsors will not be liable for any injury before, during or after the event. I understand that I must be 16 years old or over on the 2 October 2010. I declare that I am physically fit and waive and renounce any rights or claims for damages I may have against the Willow Foundation, Hatfield House and the event sponsors for any loss/injury as a result of my participation in the run. I understand that for safety reasons race numbers are not transferable under any circumstances. I accept that no refund can be given if the run has to be cancelled or postponed due to circumstances outside the organisers' control. I will obey any instructions from the Organisers, Marshalls or Emergency Service Personnel immediately.

Signature

Date: / /

Your details will be entered onto the Willow Foundation's database to progress this payment. The charity would like to inform you of its progress and forthcoming activities. If you would prefer not to receive occasional updates, please tick here: ☐

willow foundation
special days for seriously ill 16-40 year olds

Please send your form and payment to: willow10K • Willow Foundation • Willow House • 18 Salisbury Sq • Hatfield • Herts AL9 5BE

The willow10K is a fundraising event in aid of the Willow Foundation (registered charity no. 1106746).