



SPONSORED

10k Run

and 5k Fun Run

10 · 10 · 2010
Sandon Hall



Katharine House Hospice
Weston Road, Stafford, ST16 3SB
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Registered Charity No: 1011712



10k Run & 5k Fun Run

Sunday 10th October 2010

Our patients can't run 10k; will you run it for them?

10k Run - 10.30am start

2010 marks the 10th Birthday of the Katharine House Hospice In-patient unit. In celebration of this we are staging our first ever 10k Run and 5k Fun Run in the beautiful surroundings of Sandon Park by kind permission of the Earl of Harrowby.

We welcome runners of all abilities and thanks to the help of Stafford Harriers, full race results will be available for the 10k Run. Both routes will be multi-terrain.

5k Fun Run - 11.00am start

Don't worry if 10k is too far, you can still join the fun by running or walking our 5k Fun Run. The Fun Run is open to people of all ages and abilities and to celebrate our 10th Birthday, we would like to see you all in fancy dress and having a great time.

All finishers of both routes will receive a medal and refreshments.

You can make a difference

By running for Katharine House Hospice you will help to enable our patients and those close to them to live as fully as possible. Your registration fee goes towards covering the cost of hosting the event so we encourage all participants to raise as much sponsorship money as possible.

We are heavily dependent on donations to raise the £2.3million needed to fund our services which are free to patients and their families. Every penny you raise really does count.

How to Register

To enter simply complete the registration form opposite and return it to Katharine House Hospice, FREEPOST MID24268, ST16 3BR. Alternatively book online at khospice.org.uk or call the Fundraising Team on **01785 270808**. Thank you for your support.

Closing date for entries is Monday 4th October.

RUNNER 1

Title: First name:
Surname:
D.O.B. :
Address:

Postcode:
Email:
Tel Number:
Mobile:
(For safety purposes on the day)

Emergency Contact:
(Please provide details of someone we could contact in an emergency)
Emergency Contact Number:
Affiliated Athletic Club (if any):

Chosen Run (Please circle):
5k Fun Run £5 10k £10 UK affiliated £8

RUNNER 3

Title: First name:
Surname:
D.O.B. :
Address:

Postcode:
Email:
Tel Number:
Mobile:
(For safety purposes on the day)

Emergency Contact:
(Please provide details of someone we could contact in an emergency)
Emergency Contact Number:
Affiliated Athletic Club (if any):

Chosen Run (Please circle):
5k Fun Run £5 10k £10 UK affiliated £8

Where did you hear about this event? (please be as specific as possible)

Are you running in memory of someone? (Please circle) Yes No

If so who? What relation are they to you?

Registration Fee

- I enclose a cheque payable to Katharine House Hospice
 I would like to pay by Mastercard/ Visa card

Card Number

Expiry Date /

When complete, detach this form and return to Katharine House Hospice by hand or via our freepost address: **Katharine House Hospice, Freepost MID 24268, Stafford, ST16 3BR.**

