JANE TOMLINSON'S YORK 10K APPLY NOW

WE ARE MACMILLAN. CANCER SUPPORT

4 August 2013

We know support:

When you join Team Macmillan you receive the best support from the start of your training right up to when you cross the finish line. We will provide you with:

- A Team Macmillan fundraising and training pack including a 10k training guide, a fundraising guide and a Macmillan sponsor form.
- A Macmillan technical running top
- The best information on training, nutrition, fundraising and the race day itself.
- The loudest and best support on the York 10k course!

Guaranteed Charity Place Application Form:

Title _____ First Name_____ Last Name_____

Address _____

_____

_____ Postcode_____

Tel. No_____ Mobile_____

Email_____

Occupation_____ Company_____

Date of Birth_____ Age at date of race_____

Best Completed 10K time (if any) _____Predicted Finish Time_____

Find out more at **macmillan.org.uk/york10k**
Call **020 7840 4915** or email **york10k@macmillan.org.uk**
Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604)

FRSB give with confidence

JANE TOMLINSON'S YORK 10K
4 AUGUST 2013 - GUARANTEED PLACE APPLICATION

WE ARE MACMILLAN. CANCER SUPPORT

Please tell us why you wish to run on behalf of Macmillan Cancer Support:

_____

_____

_____

Where did you hear about Macmillan Cancer Support's guaranteed places in the York 10k?:

_____

Please let us know which FREE piece of Team Macmillan kit you would like to run in:

Dri-flo running T shirt:	☐Small	☐Medium	☐Large	☐X Large	☐XX Large
Or					
Dri-flo running vest:	☐Small	☐Medium	☐Large	☐X Large	☐XX Large
Ladies (bust/size)	(UK 34"/10)	(UK 36"/12)	(UK 40"/14)	(UK 42"/16)	(UK 44"/18+)
Men's (chest)	(UK 36")	(UK 38")	(UK 42")	(UK 44")	(UK 46")

If you already have a Macmillan running top from a previous event please leave this section blank.

Iron on name letters for your top (up to six letters per runner) ____ ____ ____ _____ ____ ____

Declaration

I understand that if accepted for a Team Macmillan Guaranteed Place**, I will try and raise a minimum of £100 for Macmillan Cancer Support.**

Signed_____

Date_____

If you wish to cover the cost of your entry and ensure all your sponsorship goes directly towards helping people living with cancer then please send a cheque for the £26 entry fee, payable to Macmillan Cancer Support, with your application.

Please return your application to:
Team Macmillan, 89 Albert Embankment, London, SE1 7UQ, fax **0800 007 3526** or return it to a member of Macmillan staff.
We will contact you within 5 working days of submitting your application to confirm your place.

We will keep your details on our database so we can provide you with the best possible support every time you contact us. Macmillan Cancer Support would like to contact you (including by telephone) about our fundraising, campaigning and services for people affected by cancer. If you would prefer us not to use your details in this way please write to Macmillan Cancer Support, 89 Albert Embankment, London, SE1 7UQ, email or telephone us on contact@macmillan.org.uk, telephone 0300 1000 200.

Find out more at **macmillan.org.uk/york10k** Call **020 7840 4915** or email **york10k@macmillan.org.uk**
Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604)

give with confidence