



# The Aberdare 10K 2010

## Macmillan Cancer Support Sunday 4 July 2010

6.2 mile run starting at Penderyn distillery and finishing at Aberdare Leisure Centre

The run is registered with the Welsh Athletics Association and will be along a designated route starting at 9.30 am on Sunday 4 July 2010.

### Entry and Sponsorship

If you are affiliated to a running club the entry fee for The Aberdare 10K 2010 is £10, if you are unaffiliated the entry fee is £12, upon receipt of which you will be sent a sponsorship pack. A t-shirt and certificate will be presented to you at the end of the race. Any sponsorship that you may be able to raise would be very welcome, but is not compulsory.

Macmillan Cancer Support is registered as an Affiliated Member of Welsh Athletics, affiliation number WAW031.

Simply fill out your details below and return to  
[hashcroft@macmillan.org.uk](mailto:hashcroft@macmillan.org.uk)

If you have any further questions, please contact  
[hashcroft@macmillan.org.uk](mailto:hashcroft@macmillan.org.uk) or ring 01656 867968

### Why we need your help

**Macmillan Cancer Support helps people who are living with cancer.**

Two million people in the UK today have had a cancer diagnosis, and more than one in three will be diagnosed at some time in their life.

Our increasing range of services, including Macmillan nurses, doctors and other health professionals, cancer care centres, a range of cancer information, practical help at home and help with money, is funded entirely through the generosity of our supporters.

You will be helping us to provide immediate practical and emotional support – from the moment someone suspects they have cancer – which will change the lives of people living with cancer today – and tomorrow.

### REGISTER NOW

TITLE:
FIRST NAME:
SURNAME:
MALE/FEMALE:
ADDRESS:
POSTCODE:
TELEPHONE:
MOBILE:
EMAIL:
AGE (optional) Min Age 15:
RUNNING CLUB NAME (if applicable):

Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. In order to carry out our work we may need to pass your details to agents or partners who act on our behalf. If you would prefer us not to use your details in this way please tick the box.

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

By signing and returning this form, I acknowledge that Macmillan Cancer Support does not accept responsibility for any injury, loss or damage to me or my property incurred during participation in the above event unless Macmillan Cancer Support, its employees or agents have caused injury or damage by their negligence. Any participant who has any concern about his or her physical condition is advised to consult his/her own doctor before taking part in the event. I also confirm that I am an amateur runner.

Signed

Date

I will post a cheque for £10 / £12 (made payable to Macmillan Cancer Support) for my pack to:

**Macmillan Cancer Support  
1<sup>st</sup> Floor, 1 Oldfield Road  
Bocam Park  
Pencoed  
Bridgend  
CF35 5LJ**

I am unable to take part but would like to make a donation of £

**Please tell us where you heard about the Aberdare 10K 2010:**

**Is there a particular reason why you are taking part in the event?**

**Would you be happy for us to contact you if you have a cancer story you would like to share?**