



Methodist Relief &
Development Fund

British 10k London Run – 6 July 2008

We are delighted that you are interested in filling one of MRDF's six spaces in the British 10k London Run. It's an excellent opportunity to get fit and support our work with local, community-based organisations in 20 countries in Africa, Asia and Latin America.

MRDF makes small miracles possible for those living in the world's poorest communities through long-term development, emergency relief and campaigning against the causes of poverty. We support projects that help the poorest of the poor access basic health care and education provision, as well as gaining new skills and the opportunity to make a difference in their communities.

In this pack you will find:

- A run application form (to be posted back to us) – places are first come, first served, so if you'd like to take part please send the form back to us as soon as possible.
- Some information about the event – there's plenty of opportunity for sightseeing as you run! More details about the Run can be found on www.thebritish10klondon.co.uk

We will let you know whether your place is confirmed within a week of receiving the completed forms. Shortly afterwards we'll send you our support pack which will include a t-shirt, sponsor forms and further fundraising advice and encouragement.

Finally, I'd like to share with you one example of the kind of work that your sponsorship money will support. In Cameroon our partner is supporting people to lift themselves out of poverty. People like Elizabeth, who when her husband left her had no way to feed herself and their eight children. She received training in agricultural techniques, group leadership, book-keeping and marketing along with a micro-credit loan for seeds and equipment. On loaned land, she began growing tomatoes - a new crop in this region. A group of growers who she was instrumental in organising are now collectively selling tomatoes to a South African supplier, getting a better price than they could locally. Elizabeth can now look after her family and has the skills for a more secure future. "All the knowledge came from the project" Elizabeth enthuses, "I couldn't have done any of these things without it."

Please do contact me if you have any further questions.

Best wishes,

John Cooper
Supporter Relations Team

Methodist Relief and Development Fund

British 10k London Run Application Form



Personal Details

Forename		Surname	
Title		Date of Birth	
Address			
City/ Town		Postcode	
Local church (if applicable)			
Home Phone		Mobile Phone	
Email		Preferred daytime contact method	Mobile / Home phone/ Email

What inspired you to run in the British 10k for MRDF?

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How much money are you aiming to raise?

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What are your initial fundraising ideas?

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Sign Me Up!

I would like to apply to run the British 10k London run for the Methodist Relief and Development Fund. I have read and understood the terms laid out by MRDF and the race organisers (see overleaf) and look forward to taking part and having fun.

Signature

Date

MRDF would like to reward your enthusiasm by also using your information to keep you up-to-date on our work. We will not pass it on to any other organisation. If you do not wish your information to be put on our mailing lists then please tick this box []

Conditions of Entry (set by MRDF)

- I commit to raising at least £200 (excluding Gift aid) sponsorship money for MRDF.
- I will send in the money no later than 1 September 2008.
- I understand that MRDF can only provide morale and fundraising support for its registered runners. Runners take full responsibility for themselves regarding health and fitness.

Conditions of Entry (set out by the event organisers)

- It is a condition of entry that the entrant will be able to finish the race within 2 hours. Any fancy dress costumes must be functional and runner friendly, for further details please see the website at www.thebritish10klondon.co.uk.
- The entrant must be 15 years or over on 1st July 2007 and will compete on foot and enters and intends running entirely at his/her own risk. No animals, baby strollers, mechanical vehicles, etc. will be allowed on the route.
- To the extent permitted by the Unfair Contract Terms Act 1977, neither Union Jack Sports Ltd nor its sponsors and suppliers will be liable for any loss, damage, illness or injury whatsoever directly or indirectly occasioned by or resulting from the negligence, wrongful act or default of Union Jack Sports Ltd, its sponsors and suppliers or their respective servants or agent from any other cause, including any act of God or the physical condition of the competitor.
- The race organiser reserves the right at its absolute discretion to alter the date of the event or to change the published course as deemed necessary at any time, to alter without prior notice the contents of each race pack & the event's media partners...see the website for updates.

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British 10k London Run Information Sheet



Date:	6 July 2008
Start Time:	Approx 9.35am
End Time:	Approx Middyay* *This works on the requirement of completing it in less than two hours.
Location:	London. Start Hyde Park Corner and finish on Whitehall having passed St Pauls Cathedral, Tower Bridge, the London Eye and the Houses of Parliament.
On route entertainment:	Crowds, Brass bands, DJs and live music acts.
Registration for MRDF place:	Handled by MRDF upon completion of initial application form.
MRDF Fundraising Pack:	Dispatched upon confirmation of place.
Race Organiser information pack:	Sent out mid-June.
Fitness Planner (suggested by the company organising the run):	For a generic one: http://www.runnersworld.co.uk/brit10k/onlineschedules For a personalised: http://www.runnersworld.co.uk/smartcoach
Organisers Website:	http://www.thebritish10klondon.co.uk/
MRDF Contact Information	John Cooper 0207 467 5180 cooperj@methodistchurch.org.uk

See You On The 6 July 2008