



Dumfries Women's

Run 4 Health

Sunday 28th June

The Crichton, Dumfries

ENTRY FORM



... **go for it!**

Working together for Women's Health

www.run4health.co.uk



Entrants Name

Address

Postcode

Sponsor's Full Name	Home Address <small>Not your work address (this is essential for Gift Aid)</small>	Postcode	Amount	Date Paid	Gift Aid

We who have given our names and addresses above and ticked the box headed Gift Aid want Dumfries Devorgilla Rotary Club to reclaim tax on our donation. We understand that each of us must pay an amount of income tax or CGT at least equal to the tax reclaimed on the donation.

Please return all sponsorship monies to Dumfries Devorgilla Rotary Club c/o 32 George Street, Dumfries, DG1 1EH no later than 8th August 2009. Please make cheques payable to "Rotary Club of Dumfries Devorgilla Charity Account".

Remember: Full name + Home Address + Postcode + = giftAid it

Application Form

Entry Details (please use block capitals)

I intend to run / walk / push buggy or wheelchair around the 5k course
(delete as appropriate)

No of Adults
(entry £6 per adult)

No of Children
(entry £2 per child)

I will be accompanied by child / children (delete as appropriate). Their details are:

Total payment enclosed

£

Applications should be returned with payment to:
DG One Reception Desk, Hoods Loaning, Dumfries or posted to
Dumfries Devorgilla Rotary Club c/o 32 George Street, Dumfries DG1 1EH
as soon as possible.

Cheques made payable to:

“Rotary Club of Dumfries Devorgilla Charity Account”

The Event

The event will take place at the Crichton on Sunday 28th June 2009. Full details of the course and times can be found on the website www.run4health.co.uk and also will be published in the local press.

This is not intended to be a competitive event! We wish to encourage women of all ages, health and fitness abilities to be part of a new “feel good” community event for the town and raise money for local causes.

The Causes being Supported

The Alexandria Unit Care Fund for Patients in the Community
Dumfries and Galloway Royal Infirmary Osteoporosis Service
Alzheimers Scotland, Dumfries and Galloway Services
South West Scotland Rape Crisis Centre
NHS Dumfries and Galloway Continence Service
And other Local Causes

For full details of the good causes being supported please see

www.run4health.co.uk

Donations

There is no obligation for any entrant to find sponsorship for the event. If you can, however, obtain pledges of donations from your friends, relatives, workmates, etc., who are not taking part in the event, we shall raise even more money for the local causes who shall benefit from the proceeds of the Event.

Gift Aid

If your sponsors sign up to Gift Aid the donation can be increased by up to 28%.

Sponsor Sheet

Further sponsor sheets can be downloaded from www.run4health.co.uk

Photography

Photographs may be taken of the event on the day and used in future marketing of events. Please inform organisers on the day if you do not wish to be photographed.