



run with us

Tenovus 10k charity run
National Botanic Garden of Wales
11am Sunday 28 April 2013

Entry form - Only one person per entry form

First Name: _____ Surname: _____

Address: _____

Postcode: _____

Date of Birth: _____ Age on the day: _____ Male / Female: _____

Phone Number: _____ Email address: _____

10k £10 registration
charity run

2.5k £5 registration
fun run

Kids Donations welcome
race

Categories [Please tick one if you would like to be entered under a certain category in the **10k run**]

- Open Male **[OM]** Vet Male 40-49 **[M40]** Vet Male 50+ **[M50]**
 Open Female **[OF]** Vet Female 37-44 **[F37]** Vet Female 45+ **[F45]**

Your running pack will be posted to the address you have supplied.
Your pack includes a running number, route map and sponsor forms.

I understand that I participate entirely at my own risk and will not hold the organisers responsible for any injury, illness or loss to person or property however caused and that the details on this application are correct.

Signed: _____ Date: _____

We would like to keep you informed about our events and campaigns.
Please tick here if you would prefer NOT to be contacted in the future.
Tenovus will not pass on your details to any third party unless permitted or required by law to do so.

Please return your completed form and registration fee to:
Run For The Bus Registration, Tenovus, 9th Floor, Gleider House, Ty Glas Road, Cardiff, CF14 5BD
Please make cheques payable to 'Tenovus'.

Alternatively you can call us to register and pay over the phone.
Call 029 2076 8850 and ask for the Corporate and Events Fundraising Team.