

## After Adoption

# Regent's Park 10k

Sunday 15 November 2015

10am start



After Adoption is the UK's largest charity focused on finding adoptive placements for children and supporting the whole family of adoption. We have been creating, maintaining and reuniting the family connections many of us take for granted for 25 years. In that time we have helped more than 100,000 people.

Since 2009, more than 3,000 people have run through London's favourite royal parks for After Adoption. This year we are in Regent's Park, and it's a fantastic opportunity to run in one of the city's most beautiful spots and raise funds for a worthwhile cause. The accurately measured course takes in three laps.

Register online at [www.regentspark10k.com](http://www.regentspark10k.com) or complete this form and return with the registration fee (£20 unaffiliated, £18 affiliated) to: After Adoption, Unit 5 Citygate, 5 Blantyre Street, Manchester M15 4JJ. Cheques payable to After Adoption.

Postal closing date Friday 6 November 2014. Minimum age 15.

Title: \_\_\_\_\_  
First name: \_\_\_\_\_  
Last name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Post Code: \_\_\_\_\_  
Email: \_\_\_\_\_  
Telephone number: \_\_\_\_\_  
Date of birth: \_\_\_\_\_  
Expected time: \_\_\_\_\_  
Gender: m [ ] f [ ]

- ✓ Medal
- ✓ T-shirt
- ✓ Goody bag
- ✓ Water station
- ✓ Baggage area
- ✓ Chip timing
- ✓ Distance markers
- ✓ Toilets
- ✓ Measured course

The Regent's Park 10k is organised by After Adoption to raise vital funds. The entry fee pays for the event but does not significantly contribute to the charity. We ask all participants to try to raise as much as possible and suggest a target of £50!

After Adoption relies on sponsorship from events such as these to continue its work. How much sponsorship do you think you would be able to raise for After Adoption?

£25 [ ] £50 [ ] £100 [ ] £200 [ ] Other: \_\_\_\_\_

You will receive a free finisher's t-Shirt. What size would you like? small [ ] medium [ ] large [ ] x-large [ ]

Where did you hear about this event? \_\_\_\_\_

Team name (optional) \_\_\_\_\_

Running club if applicable \_\_\_\_\_

Your privacy is important to us. After Adoption will process your data in relation to its activities as a charity. We may, in future, contact you with news, appeals and information about the charity. Please tick here if you do not want us to send you information by email [ ], post [ ], or telephone [ ]. By entering an event you agree to the charity making use of your image. By providing your contact details (eg address, phone numbers, email address) you consent to After Adoption contacting you by those methods unless otherwise stated. After Adoption is a registered charity number 1000888

Held under UK Athletics rules. Licence to be applied for.

