

WILL YOU GO THE DISTANCE FOR US AND
BECOME A FUNDRAISING CHAMPION?

Sue Ryder Care 

Runners' Registration Form



We care for people with end of life
and long-term conditions:

**Cancer, Stroke, Brain Injury,
Multiple Sclerosis, Dementia,
Huntington's Disease,
Parkinson's Disease and
Motor Neurone Disease**

For more information
about Sue Ryder Care:

visit: www.suerydercare.org

call: 0845 050 1953

email: info@suerydercare.org

Sue Ryder Care is a charity registered
in England and Wales (1052076)
and in Scotland (SC039578).

Personal details

Which race are you registering for?

When is your race?

Title:

First Name:

Surname:

Date of birth:

Male Female

Home address:

Postcode:

Home tel:

Work tel:

Mobile:

Email:

I would like to subscribe to the Sue Ryder Care running email newsletter

Occupation:

Company name:

Does your company Match Give? Yes No

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Using gift aid means that for every pound you give, we get an extra 28 pence from the HM Revenue and Customs, helping your donation go further.

All you have to do is sign below to agree to let us claim gift aid on any donation you may have made for the six years prior to this year and any future donations you may make from the date of this declaration until you notify us otherwise, and we will do the rest. You must be a UK taxpayer and pay an amount of income tax or capital gains tax in the current year equal to the tax we reclaim on your donation.

Signature:

Date:

I would like all donations I have made for the six years prior to this year and all future donations I make until I notify you otherwise, as gift aid donations.

Running and fundraising history

How did you hear about our involvement with the running event you are entering?

Have you run for Sue Ryder Care before? Yes No

Have you previously competed in any other running events? Yes No

If so which?

Did you run for charity? Yes No

If so, which charity?

Have you raised sponsorship for charity before? Yes No

If so, how much did you raise? £

Why have you chosen to support Sue Ryder Care?

Sponsorship

Raising money through taking part in a running event is a very positive way to support Sue Ryder Care, and it is an important source of income for the charity. To make the most out of your race why not set yourself a target.

We would suggest:

- 5km/fun run – £100-£150
- 10km – £150-£200
- Half marathon – £300+
- Full marathon – £500+

I am hoping to raise at least £

Please indicate what size you require for running vest:

S (36")

M (38")

L (40")

XL (42")

XXL (44")

Training Pack

Beginners

Intermediate

Advanced

Inspire others to go the distance

Runners are great ambassadors for Sue Ryder Care and can inspire others to support us. If you're happy for us to contact you about media activity, please tick here

Contact

Your support is crucial to our work but if you would rather not be contacted by us in the future then please tick here.

Help us to recruit

Do you know anyone who might like to run for Sue Ryder Care? Please give us their details:

Name:

Address:

Postcode:

Contact tel:

**Please return completed form to
Events Team
Sue Ryder Care
114-118 Southampton Row
London
WC1B 5AA**

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