

Fight 4 Cancer 5k Run

in association with the
CARGIN MOSS BLACK BELT ACADEMY
for Cancer Research UK

at: Racecourse Park on: Thursday 20th May 2010 at 7pm

Registration Form

Please come and take part in the 5K Fun Walk / Run to raise money for Cancer Research UK and help us to cure cancer faster. Fight 4 Cancer 5k Walk is open to any age and any sex you can walk or run the 5 kilometres twice around the racecourse route. Registration for the event is £5 and we appreciate any sponsorship money you raise for Cancer Research UK.

A separate form is required for every entrant.

Please send your completed form along with cheque made payable to "Cancer Research UK" to cover your registration fee to:

CMBBA Nene centre, Freehold Street, Northampton NN2 6EF

TITLE (Mrs, Miss, Ms): _____ **Date**

FORENAME: _____

SURNAME: _____

ADDRESS: _____

POST CODE: _____

TEL NO: _____

HOME: _____

MOBILE: _____

DATE OF BIRTH: _____

Where did you hear about the fun run?.....

I enclose my registration fee of £ 5

I understand that I should seek medical advice from my general practitioner if I am in any doubt about my physical ability to take part in this event. I acknowledge that I am undertaking this activity entirely at my own risk and that Cancer Research UK and the Cargin Moss Black Belt Academy shall not be liable in any way for any injury or loss that might occur as a result of my participation. I understand that both Cancer Research UK and the Cargin Moss Black Belt Academy will, in no way, be liable for any claim that may arise from this event. I agree to pay all proceeds of the event to Cancer Research UK.

Signed.....

Printed Name..... Date.....

The signature of parent/guardian is required for all participants under the age of 18. I agree to the above taking part. (under 16 must be with an adult at all times)

Signed.....Parent/Guardian Date.....

Return to the academy to receive Sponsorship pack



Nene Centre
Freehold Street
Northampton NN2 6EW
Tel: 01604 722227
Tel/ Fax: 01604 412142
www.cmbba.com

We are now launching our “Fight 4 Cancer” 2010 event Hosted by the Cargin Moss Black Belt Academy Northampton

We have decided to limit numbers so that we won't be so big that people feel that we are no longer a “family”. If you want to be part of this event, please fill out the enclosed form and get your booking in. Once the event is publicly announced, spaces will be allocated on a strictly first come, first served, basis.

New for this year are “thank you gifts” **for every person** who raises over £250 a meal for two at the ‘Elwes Arms’ in Great Billing paid in by 31st of July.

Using www.justgiving.com helps hugely if you have web access. It collects your funds for you, adds on the gift aid and sends the funds directly to Cancer Research UK in the name of this event. A great charity cost cutter.

We really want to make Northamptonshire proud of its county town! To help us to promote the walk, do you have somewhere to place a poster? Can you spread the news about this special event to friends/school/family? Do you have a moving cancer story? We really want this event to raise hope and awareness of all that Cancer Research UK can offer cancer sufferers; as well as raise funds for more research.

If you'd like to know more, please give us a call on 01604 722227 or call in at the Cargin Moss Black Belt Academy at the Nene Centre on Freehold Street. With your help, we will make this the best event yet!

Yours truly,

Cargin Moss

Cargin Moss Master Instructor

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