



Paul Popham Fund
Renal Support Wales
"Believe in yourself"

Run 4 Us Race Declaration

I would like to Run for the Paul Popham Fund, Renal Support Wales, please see my personal details below and the details of the race I am taking part in.

Name: _____

Address: _____

Postcode: _____

Telephone Number: _____ Mobile: _____

Email address: _____

Predicted Time: _____

Date of Birth: _____

I am taking part in (Race Name): _____ Race Date: _____

It is: 5k 10k Half Marathon Marathon I would like a training plan

Other - *Details:* _____

I would like a Paul Popham Fund Race T-shirt Vest Size: XS S M L XL

I would like the following name printed on the front of the top so people can cheer for me: _____

I enclosed my registration fee of (£10 for 5/10k race) (£20 for half/marathon)

Emergency Contact Name: _____ Emergency Contact Number: _____

I _____ here signed agree to participate in the _____ for the Paul Popham Fund, Renal Support Wales. I agree to raise the minimum of sponsorship for the event I am taking part in and which will include a deposit to secure my place. I agree to donate my fundraising money by the date of the event or no later than one month after completion of the event. I agree to participate entirely at my own risk and under UK Athletics rules. I declare that I understand the risks involved and that I am medically fit to complete in a cheerful and sportsmanlike manner.

I also agree not to hold the organisers, its supporters, its employees, or those of the race venues or the local council and its associates liable for any mishap, injury or loss caused during the duration of the event. I agree to follow instructions given by the organisers and/or officials. If for any reason I can no longer take part in the event I will find someone to take my place or I will ensure the deposit is paid so the charity have not suffered any loss.

Your data will be sorted securely and will only be used to contact you regarding this event and to keep you updated with news from the Paul Popham Fund, you can opt out of this at any time.

Signature: _____ **Please send completed registration form prior to race day.**

Get in touch

Paul Popham Fund, Renal Support Wales
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Call us: **0333 2001 285**
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