

Run 10k

Please sponsor me and support Cancer Research UK by writing your name next to the time you'll think I'll complete my Run 10k event. The suggested donation is £1 and every pound I raise will go towards ground breaking research that will help more people beat cancer. The winner will be the person who is closest to my finishing time and will win £5. Thank you!

FULL NAME:				RUN 10K VENUE:			
ADDRESS:				POSTCODE:			
TEL:				EMAIL:			

30m00s	30.30	31.00	31.30	32.00	32.30	33.00	33.30
34.00	34.30	35.00	35.30	36.00	36.30	37.00	37.30
38.00	38.30	39.00	39.30	40.00	40.30	41.00	41.30
42.00	42.30	43.00	43.30	44.00	44.30	45.00	45.30
46.00	46.30	47.00	47.30	48.00	48.30	49.00	49.30
50.00	50.30	51.00	51.30	52.00	52.30	53.00	53.30
54.00	54.30	55.00	55.30	56.00	56.30	57.00	57.30
58.00	58.30	59.00	59.30	1hr00m00s	1.00.30	1.01.00	1.01.30
1.02.00	1.02.30	1.03.00	1.03.30	1.04.00	1.04.30	1.05.00	1.05.30
1.06.00	1.06.30	1.07.00	1.07.30	1.08.00	1.08.30	1.09.00	1.09.30
1.10.00	1.10.30	1.11.00	1.11.30	1.12.00	1.12.30	1.13.00	1.13.30
1.14.00	1.14.30	1.15.00	1.15.30	1.16.00	1.16.30	1.17.00	1.17.30
1.18.00	1.18.30	1.19.00	1.19.30	1.20.00	1.20.30	1.21.00	1.21.30
1.22.00	1.22.30	1.23.00	1.23.30	1.24.00	1.24.30	1.25.00	1.25.30
1.26.00	1.26.30	1.27.00	1.27.30	1.28.00	1.28.30	1.29.00	1.29.30
1.30.00	1.30.30	1.31.00	1.31.30	1.32.00	1.32.30	1.33.00	1.33.30

What to do

1. Put this sweepstake form up somewhere at work where people will see it e.g. staff room, kitchen.
2. Ask everyone to write their name against the time they think you'll finish in and make a suggested donation of £1. As there are no official times at Run 10k, remember to make a note of your time on the day.
3. After your run, announce the winner (the person who has guessed the closest to your finishing time) and give them £5, add the rest of the money you've collected to your sponsorship total.

Rules

1. Only people who work on the premises where the poster is displayed can enter, and the sweepstake may not be publicised outside these premises.
2. Once the game is over the money should be added to your fundraising total and returned with the rest of your sponsorship money to Cancer Research UK

How to return your money

Please send cheques made payable to Cancer Research UK with this sweepstake form to:

Run 10k, Cancer Research UK, PO Box 91, Tiverton, EX16 6ZN

Supported by

TESCO

Together we will beat cancer

CANCER RESEARCH UK

