



ICR
The Institute
of Cancer Research

EDINBURGH RUNS
2011 APPLICATION FORM

JOIN THE ICR AT THE 2011 EDINBURGH RUN

Sunday 22 May 2011

- Full Marathon | Individual minimum sponsorship: £700**
- Hairy Haggis Relay | Team of 4 minimum sponsorship: £700**
- Half Marathon | Individual minimum sponsorship: £350**

Getting a place

To apply for one of our guaranteed places please read and complete this form, ensuring you have signed the "commitment to us" section, and send to: ICR, Sports Events Fundraising, 123 Old Brompton Road, London, SW7 3RP.

1 About you

Title	<input type="text"/>	First Name	<input type="text"/>	Surname	<input type="text"/>
Address	<input type="text"/>				
	<input type="text"/>	Postcode	<input type="text"/>		
Date of Birth	<input type="text"/>	Daytime Tel.	<input type="text"/>		
Mobile	<input type="text"/>	Email*	<input type="text"/>		
<small>*Please Note: We will be keeping in touch with the team via email so please add an email address above that you check on a regular basis. We may also contact you from time to time about other areas of our work from fundraising events to new research related campaigns. Please tick here if you do not wish receive these emails. <input type="checkbox"/></small>					
Why do you specifically want to run for the ICR?					
<input type="text"/>					
<input type="text"/>					
Name of employer and your job role					
<input type="text"/>					
Will your employer be supporting you with your fundraising? If so, please give details. (They may choose to sponsor you, match or part match your fundraising total, or allow you to promote your fundraising on the work intranet.)					
<input type="text"/>					
Your FREE ICR Running Vest					
All members of the running team will be given a FREE ICR Running Vest. Please indicate your preferred size*					
S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> *Please note: all vests are unisex sizes.					

2 About your fundraising

How much do you hope to raise? £ Have you ever done any fundraising before?

If yes, what did you do and how much did you manage to raise?

Your Fundraising Plan
Please give us details of how you plan to go about your fundraising. Our Fundraising Team will be on hand from registration to beyond the finish to help you with ideas and advice but please outline your own ideas/plans below.

TOP TIPS:

- Try to break your target down into achievable blocks and think about how you would raise each amount.
- Think about work/social contacts you have and any social activities you take part in e.g. are you a member of a club or sports team?
- Could you organise any events or activities in your local area or at work to boost your fundraising potential?

3 How did you hear about us?

How did you hear about The Institute of Cancer Research's places in this event?

<input type="checkbox"/> Edinburgh Marathon magazine	<input type="checkbox"/> Running Fitness magazine	<input type="checkbox"/> doitforcharity website
<input type="checkbox"/> Edinburgh Marathon website	<input type="checkbox"/> Running Fitness online	<input type="checkbox"/> Word of mouth
<input type="checkbox"/> The ICR website	<input type="checkbox"/> Runners World magazine	<input type="checkbox"/> Other (please specify below)
<input type="checkbox"/> The Everyman website	<input type="checkbox"/> Runners World online	<input type="text"/>
<input type="checkbox"/> The ICR Newsletter (Search)	<input type="checkbox"/> Realbuzz website	<input type="text"/>

Are you happy for our press department to contact you should your local paper be interested in local runners? Yes No

4 Your commitment to us

This pledge will only come into effect if you are successful in gaining a guaranteed place on the Edinburgh Runs team.

I understand that I pledge to raise the minimum sponsorship for the run I am taking part in. I acknowledge that all sponsorship is to be given to the ICR by one month after the event.

I confirm that to the best of my knowledge my general state of health is good and I take full responsibility for my fitness to take part. I absolve the ICR from any injury, loss or damage caused through my participation in the Edinburgh Runs.

I understand that this place is non-transferable and I cannot give this place to another person of my choosing.

I give the ICR permission to use any photographs taken of me to raise awareness of and/or money towards ICR's work.

Signed Date

Thank you for taking the time to complete this form. Please send to ICR, Sports Events Fundraising, 123 Old Brompton Road, London, SW7 3RP along with your entry fee.

We record your details on our database to process your donations and so that we can keep you informed about our work. If you do not wish to receive information by post please tick here

HAIRY HAGGIS TEAM MEMBER 1

Title _____

First Name _____

Surname _____

Address _____

Postcode _____

Date of Birth _____

Email _____

Running Vest size

S M L XL

HAIRY HAGGIS TEAM MEMBER 2

Title _____

First Name _____

Surname _____

Address _____

Postcode _____

Date of Birth _____

Email _____

Running Vest size

S M L XL

HAIRY HAGGIS TEAM MEMBER 3

Title _____

First Name _____

Surname _____

Address _____

Postcode _____

Date of Birth _____

Email _____

Running Vest size

S M L XL

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“I never dreamt that running a marathon would be so hard but with the support of The Institute I managed it. The feeling of doing something so amazing and for such an amazing cause makes it all worth while.”

“To run a marathon is an incredible experience but to know that I have also helped others makes it even more special.”

“The Institute team were real superstars throughout the training and on the day. I really felt that what I was doing was appreciated and they were more than happy to answer all my questions (even the slightly bonkers ones)!”

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Quotes from The ICR's Marathon Team

For further information, help or advice please
contact the Fundraising Team on 0800 731 9468

ICR
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of Cancer Research

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 give with confidence