

Entry form

2010 Marafun

I wish to enter the following event:

- Marathon road run (26.2 miles) 10.30am
- Half marathon road walk (13.1 miles) 10.30am
- Half marathon road run (13.1 miles) 1.00pm
- 10k road run 2.00pm
- 2k or less field run or walk (4 laps)* 2.30pm
- 4k field run or walk (8 laps)* 3.00pm

All distances are approximate *Suitable for wheelchair participants.

Name: _____

Address: _____

Post code: _____

Phone no: _____ Date of birth: _____

Email address: _____

Your email address is important so we can send event info to you!

I want Footsteps International to claim Gift Aid. I confirm that I have paid enough income tax to cover the charity's claim. *giftaid it*

I declare that I will abide by the law and the race rules (see the Marafun website). I will follow instructions given by race officials. I will not take part unless I am in good health on the day, and that I am taking part at my own risk. I will pass all sponsorship I raise to the relevant charity.

All information on this form and photographs taken on the day will be stored and may be used for administration of the event, including publicity for future events.

Signed: _____ Date: _____ Amount enclosed: £ _____

Club name/Unattached _____ (Cheques payable to Footsteps International)

Parent's signature _____

(Required for under 16s)

Mara *Fun

New location
for 2010

Saturday 8th May 2010

Starting at The King's Centre

159 Chipperfield Rd, Orpington, BR5 2PZ

A sponsored RUN or WALK for families and their friends who want to have fun and raise funds for good causes.

Events for all ages and stages!

Marathon road run	10.30am
Half marathon road walk	10.30am
Half marathon road run	1.00pm
10k road run (new for 2010)	2.00pm
2k or less field run or walk (4 laps)*	2.30pm
4k field run or walk (8 laps)*	3.00pm

All distances are approximate *Suitable for wheelchair participants

Medals, T shirts, Fancy Dress award for the most 'entertaining' participant!



Footsteps
International

Organised by Footsteps International and the Rotary Club of Bromley to raise funds for good causes



UK Athletics licence applied for



Rotary Club
of Bromley

Mara *Fun

What is the Mara-fun?

A sponsored RUN or WALK for families and their friends who want to have fun and raise funds for good causes. There are longer road events and shorter field events - choose the one that best suits your age and level of fitness. There is a bouncy castle for young children. All events start and end at the King's Centre.

Age limits?

UK Athletics rules apply. The following limits apply to road runners. There are no age restrictions for field events or walks. Children under 12 must be accompanied by an adult.

Under 9	9 & 10	11 & 12	13 & 14	15	16	17	18 & 19	20+
2k	3k	4k	6k	10k	16.1k (10 miles)	25k	Mara- thon	No limit

Fund-raising?

Runners and walkers can raise sponsorship for Footsteps International, Rotary charities, or for a charity of their choice. Sponsor forms are available from the Mara-fun website www.marafun.co.uk. Proceeds from the event go to Footsteps International which cares for street children and orphans in Kenya.

Medals, T Shirts and Certificates?

Each Mara-fun participant will receive a certificate. Medals will be available to all participants whose registration and payment has been received by Saturday 1st May (1 week before the event). Event T shirts will be available to order – see the Marafun website for details.

How do I enter?

Please enter on-line if you can!

1. Go to www.marafun.co.uk and click on "Registration"
2. Go to the Runners World website and search for "Orpington Mara-fun" (www.runnersworld.co.uk)
3. Complete the entry form over the page and send it to: Footsteps International, 79 Lynwood Grove, Orpington, Kent BR6 0BQ. Cheques are payable to Footsteps International.

What does it cost?

We don't charge an entry fee but ask for voluntary donations:

Event/distance/type	Non-UKA Athletics affiliated	UK Athletics affiliated
Marathon road run (26.2 miles)	£15	£13
Half marathon road walk (13.1 miles)	£15	£13
Half marathon road run (13.1 miles)	£15	£13
10k road run	£15	£13
4k field run or walk (8 laps)*	£3	N/A
2k or less field run or walk (4 laps)*	£3	N/A

What is the closing date for entries?

The closing date for advance registrations is Saturday 1st May 2010. After that registrations will be taken on the day. Medals cannot be guaranteed for on-the-day entrants.

What is the course like?

The road events are held on a circular route around Orpington incorporating town, countryside and a short off-road section. It is mostly undulating but there are a couple of challenging hills. The circuit is 13 miles, so marathon runners do 2 laps. The 10k course is a shorter version of the main course. There are marshals and refreshment points at regular intervals round the course. The field events are based at the King's Centre where there is a field for 500 metre laps.

Is the course different to previous years?

The course is almost identical to previous years, but the starting point and route onto and off the course is different. It will be clearly marked.

Refreshments and showers?

There will be refreshments and showers available. These are provided free, but voluntary donations are always welcome!

Disclaimer

The Mara-fun is a fun event aimed at raising funds for charitable projects. All participants enter this event entirely at their own risk. Participants are advised to arrange insurance to meet their own requirements.