



The ASICS London 10k - Sunday 25th July 2021

CRASH Charity Place Registration Form

Thank you for your interest in running in aid of CRASH. To register for a CRASH charity place in the ASICS London 10K, please complete this form, sign and return to fundraising@crash.org.uk, along with your £50 registration fee.*

PARTICIPANT DETAILS:

Full Name

Company

Email

Address

 Postcode

Phone No.

By signing, I agree to raise a minimum of £150, in addition to my registration fee, for CRASH.

Please ensure you are committed to taking part in this event, CRASH relies on your commitment to participating and raising the minimum amount of sponsorship. Only when CRASH confirms your registration fee is received will your place be secured. *

Signature

Date

*Payment of the £50 registration fee can be made by cheque, payable to CRASH, by BACS or online. Please note the registration fee is non-refundable. If you have any questions or require an invoice, please email fundraising@crash.org.uk

*Your health and safety are of utmost importance to us here at CRASH, so we do ask that you are prepared and are in good health before this event. In addition, an injury does not necessarily mean that you have to stop training, but by recognising the symptoms and seeking expert advice early you will minimise injury time and prevent recurrence. If you feel any niggles, or haven't done much of this form of exercise before, we recommend that you seek professional advice