

For information about meningitis and septicaemia call:

**Freefone** 24 hour helpline

080 8800 3344 (UK)

1800 41 33 44 (Republic of Ireland)



or visit our website [www.meningitis.org](http://www.meningitis.org)

Which run are you taking part in:  
.....

Date of run:.....

How much are you hoping to raise – think about the number of people that will sponsor you, match-funding, Gift Aid etc.

£ .....

Please let us know the names of team members  
.....  
.....  
.....

**Resources**

Please indicate how many of each of the following you need.

White t-shirt (One free per runner)

S ... M ... L ... XL ...

Purple t-shirt (One free per runner)

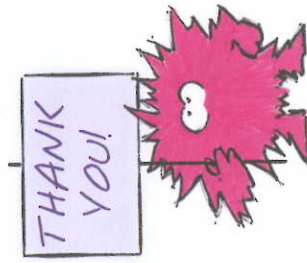
S ... M ... L ... XL ...

Purple running vest £5 (One free per runner)

Male/Female S ... M ... L ... XL ...

Sponsorship packs ... Training guide s...

**Running events**  
The runs you can take part in  
and how we can help you



**Meningitis Research Foundation**

Midland Way Thornbury Bristol BS35 2BS

Tel 01454 281814

email [fundraising@meningitis.org](mailto:fundraising@meningitis.org)

28 Alva Street Edinburgh EH2 4PY

Tel 0131 510 2345

email [info@scotland-meningitis.org](mailto:info@scotland-meningitis.org)

71 Botanic Avenue Belfast BT7 1JL

Tel 028 9032 1283 email [info@meningitis-ni.org](mailto:info@meningitis-ni.org)

63 Lower Gardiner Street Dublin 1

Tel 01 819 6931

email [info@meningitis-ireland.org](mailto:info@meningitis-ireland.org)

Offices: Belfast Bristol Dublin Edinburgh

A charity registered in England and Wales  
no 1091105, in Scotland no SC037586  
and in Ireland CHY 12030.



FundRaising  
Standards Board



**Meningitis**  
Research Foundation

Whether you're a first time jogger or an experienced runner we've got the challenge for you.

You can combine achieving your personal running aims with the goal of supporting the Foundation's research, awareness and support programmes by taking part in anything from local fun runs to world famous marathons.

We have guaranteed places in some of the biggest runs in the world. And by raising a minimum amount of sponsorship we can let you have one of our places. Details of these runs are listed in this leaflet, and for more information please contact your local office, or complete and return the form.

If you have a place in a run we would be delighted for you to support us. It could be a world-famous marathon, or your local fun run, we welcome all runners.

If you join our team and run for the Foundation we'll be there with you every step of the way, with training advice, on-line running forums and a dedicated team at the charity on call to make sure your run exceeds expectations.

**We have places in all of the following runs:**

- Race: Bath Half Marathon  
Location: Bath  
Date: 15 Mar 09      Apply by: Feb 09  
Distance: 13 miles      Min. sponsorship: £175
- Race: BUPA Great Manchester Run  
Location: Manchester  
Date: 17 May 09      Apply by: Apr 09  
Distance: 10KM      Min. sponsorship: £300
- Race: BUPA London 10000  
Location: St James' Park London  
Date: 25 May 09      Apply by: Apr 09  
Distance: 10KM      Min. sponsorship: £300

- Race: Mazda London Triathlon  
Location: Docklands, London  
Date: 1/2 Aug 09      Apply by: Jun 09  
Distance: Super sprint, Sprint or Olympic  
Min. sponsorship: £500 individuals or £1000 teams

- Race: Bristol Half Marathon  
Location: Bristol  
Date: 6 Sep 09      Apply by: Aug 09  
Distance: 13 miles      Min. sponsorship: £175

- Race: BUPA Great North Run  
Location: Newcastle  
Date: 20 Sep 09      Apply by: Jul 09  
Distance: 13 miles      Min. sponsorship: £325

- Race: Run to the Beat  
Location: London  
Date: 27 Sep 09      Apply by: Jul 09  
Distance: 13 miles      Min. sponsorship: £300

- Race: La Salles Chicago Marathon  
Location: Chicago  
Date: 10 Oct 09      Apply by: Aug 09  
Distance: 26 miles      Min. sponsorship: £500

- Race: BUPA Great South Run  
Location: Portsmouth  
Date: Oct 25      Apply by: Sept 09  
Distance: 10 miles      Min. sponsorship: £175

- Race: ING New York Marathon  
Location: New York  
Date: 1 Nov 09      Apply by: Aug 09  
Distance: 26 miles      Min. sponsorship: £1500

- Race: Berlin Marathon  
Location: Berlin  
Date: 20 Sept 09      Apply by: Aug 09  
Distance: 26 miles      Min. sponsorship: £500

- Race: Virgin London Marathon  
Location: London  
Date: 25 Apr 10      Apply by: Aug 09  
Distance: 26 miles      Min. sponsorship: £1500

If you are taking part in a run and want to support the Foundation, or to get more information about any of the listed runs please return this form to Meningitis Research Foundation, FREEPOST BS 7543, Thornbury Bristol BS35 2ZZ

Name: .....

Address: .....

.....

.....

Postcode: .....

Daytime: .....

Evening: .....

Mobile: .....

email: .....

Why are you supporting the Foundation: .....

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If you are running in memory of someone please let us know who:

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If you would like more information about any of the runs that we have guaranteed places in please state which one(s):

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