

RUNNING



BRITISH 10K LONDON 8th July 2012

The British 10K London Run is the UK's most prestigious and sought-after 10km road race which is staged on the world's greatest route through the heart of central London. 25,000 runners fill the streets of the nation's capital and get the unique chance to run past many of the country's greatest landmarks including Big Ben, The London Eye, St Paul's Cathedral, Trafalgar Square and Westminster Abbey. Abilities range from charity fundraisers and recreational runners right through to Olympic champions!

The 2012 event is staged just 19 days before the start of the Olympic Games and the excitement and buzz within London at this time should make for a truly special occasion and the best British 10k London Run in its 12 year history.

Registration fee £50 - min sponsorship £250

£50 deposit includes:

- Race entry
- Commemorative Diamond Jubilee technical moisture management T-shirt
- Official 2012 British 10k London Run technical moisture management T-shirt
- Chip timing
- SMS text of official race finish time within 30 minutes of crossing the line
- Official race photo
- Post-race goody-bag
- Finisher's medal - new premium quality event finishers medal
- Commemorative certificate with your name and race number



SUPER HERO RUN 13th May 2012 - Regent's Park

Super hero run is a fantastic running event taking place in London on Sunday, **plus you get a free super hero suit to run in.** Over 1,000 people are expected to take part raising funds for hundreds of different charities and now this is your chance to join them! No previous experience is required for the London event and with a bit of training the distance should easily be within your capabilities. The spirit of the event is 'taking part' not 'winning' so you can run, jog or walk - you decide! -

you're the super hero.

Registration fee £20

min sponsorship £99



FOR MORE INFO CONTACT:
PETE REVELL
01480 389791

pete.revell@kidneynkf.com

www.kidney.org.uk/events