MANUDEN FUN RUN 2009
SPONSORSHIP FORM

Name:……
……....

Address:……..
……..……
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……..……
……..

I am running 10k / 5k/ 1k* in the 2009 Manuden Fun Run on October 4th 2009 in support of Beating Bowel Cancer.

* delete as appropriate

Name	**Address/tel number**	**Amount sponsored per km**	**Total amount sponsored**

Please return this form, together with a cheque for the money (made payable to Manuden Running Club) to Manuden Running Club, 22 The Street, Manuden, Bishops Stortford, Herts, CM23 1DQ.