

British Heart Foundation - Headline Charity

The BHF is the nation's heart charity. Our vision is of a world in which people do not die prematurely of heart disease. We will achieve this through our pioneering research, our vital prevention activity and by ensuring quality care and support for people living with heart disease. We need you to share our vision because, together, we really can beat heart disease.

Our Activities

As the nation's heart charity, the British Heart Foundation focuses on three vital things:

- **Investing in pioneering research:** we fund around 1,200 research projects investigating every aspect of heart disease; from causes and safer drugs to improving surgical techniques.
- **Supporting and caring for heart patients:** we fund BHF Nurses who visit heart patients with all types of heart conditions in their homes. We provide defibrillators and echocardiograph machines for hospitals, emergency services and first-aiders.
- **Providing vital information to help people reduce their own risk of dying prematurely from a heart or circulatory related illness:** We produce publications, videos and other materials for health professionals and the public including children.

All entrants will receive a sponsorship pack with their confirmation of registration. Set up your sponsorship page at www.bhf.org.uk/swindonhalf
Registered charity number: 225971.

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For more information on our other associated charities please visit the website.

This information about Nationwide Swindon Half Marathon & Fun Runs is available on the internet at www.swindonhalfmarathon.co.uk It can be produced in a range of languages and formats (such as large print, Braille or other accessible formats) by contacting the Customer Services Department. Tel: 01793 445500 Fax: 01793 463331 Email: customerservices@swindon.gov.uk

This **fun** community based event, part of the Challenge Swindon initiative, gives everyone an opportunity to take an active part in one of the runs detailed below. Whether running competitively or for fun, there is something to suit every age and ability.

11:00am Half Marathon with IPICO Sports TAG timing

The small race with the BIG reputation is firmly established on the autumn race calendar. Starting and finishing on the southern edge of Swindon on Pipers Way (SN3 1TA), it winds its way through some of the prettiest neighbouring villages, taking in outstanding views, which more than compensate for the more challenging parts of the course - It's certainly not your normal half!

11:10am Multi-terrain with IPICO Sports TAG timing

The five-mile multi-terrain race is open to anyone over 15 years of age and takes you through beautiful Coate Water Country Park and is suitable for all levels of ability with the emphasis on fun and personal achievement.

11:20am Fun Run

The two-mile fun run is run exclusively on pavements and roads and is open to everyone. Children under 8 years old must be accompanied by an adult who has also entered this run.

All finishers receive a medal, t-shirt and a goody bag along with the satisfaction and achievement of crossing the finish line

Corporate Team Challenge

If you are interested in entering a business team into the challenge simply enter your company name in the Corporate Challenge box when registering. Each team comprises the fastest 4 members in three categories (male, female and mixed). The mixed team category is only open to companies with the equivalent of up to 30 full-time employees and must include at least one female runner. There is no limit to the number of runners representing a particular business.

For more information visit the website www.swindonhalfmarathon.co.uk

Dogs and Wheelchairs

All dogs (other than guide dogs) and wheeled carriages other than wheelchairs are banned from the race. We would advise the Half Marathon and Multi Terrain courses are extremely undulating and are unsuitable for self-propelled wheelchairs. Athletes must not be accompanied or followed by others on cycles.

St John provide Standard (Level 2) medical cover for this event.



The poster features silhouettes of four runners: a man, a woman, a person in a wheelchair, and a child. The text includes the Nationwide logo, the event title 'Swindon Half Marathon', the subtitle 'Multi-terrain & Family Fun Run', and the organizer 'Organised by Swindon Borough Council'.

10th October 2010

Tel: 0800 169 3672

www.swindonhalfmarathon.co.uk

Register Now!
Entry Form inside!

Prize Money
Pace Makers



Entry Form

Surname:

First Name:

Date of Birth:

Male:

Female:

Address:

Town:

Postcode:

Tel No:

Email:

Full name of UKA affiliated club & reg No:

Corporate Challenge Co. name:

Half Marathon only

SwindonCard No:

Are you supporting a Charity?

Charity Name

Free T-Shirt Details

Please tick which size T-Shirt you would like:

Child:

3-4 yrs

5-6 yrs

7-8 yrs

Adult:

9-11 yrs

12-13 yrs

Small

Large

Medium

X Large

XX Large

Closing date for postal entries is Friday 17th September 2010 or sooner if the race limit is reached.

You will receive your full race pack and number no later than 2 weeks before the race.

Payment Details

Half Marathon minimum age 17 years

UKA affiliated	£18.00
UKA affiliated with SwindonCard	£17.50
Non UKA affiliated	£20.00
Non UKA affiliated with SwindonCard	£19.50

Multi-Terrain Run minimum age 15 years

UKA affiliated	£7.50
UKA affiliated with SwindonCard	£7.00
Non UKA affiliated	£9.50
Non UKA affiliated with SwindonCard	£9.00

Entry on day £11.50

Fun Run (2 miles) under 8's must be accompanied by an adult who has also entered this run

SwindonCard Holder	£4.50
Non SwindonCard Holder	£5.00

Entry on day £6.00

Entry forms must be accompanied by full payment. Cheques should be made payable to 'British Heart Foundation'. Please write your cheque guarantee card number and telephone number of the back of the cheque.

If you wish to pay by credit or debit card, please register online at www.swindonhalfmarathon.co.uk

UKA Race Licence applied for.

Please send your entries to:
Nationwide Swindon Half Marathon,
c/o British Heart Foundation, Cannon House, 2255 Coventry Road, Sheldon, Birmingham B26 3NX.



Race Declaration (must be signed)

I understand that if I am in doubt about my health or have a medical condition that could be affected by exercise, particularly a heart condition, I should obtain my doctor's approval before participating in a Swindon Borough Council (SBC) event which involves exercise. I acknowledge that I participate in this event at my own risk and that SBC cannot be held liable for any injury, loss or damage caused or sustained as a result of my participation. I confirm that I will abide by all the rules and regulations set out by SBC for participating safely in this event.

I understand that entry fees are non-refundable as they cover the costs of administering the event. I understand that SBC may take photographs of me taking part in this event and permit them to use the images for promotional purposes, if signing for a child I give permission to use their image. If I have registered other participants on their behalf I have done so with their permission.

Entrants signature (or Guardian if under 17)

How information about you will be used

The information gathered in this entry form by Swindon Borough Council & British Heart Foundation will be used for the purpose of running the Nationwide Swindon Half Marathon event. This may include collection of statistical data for the purpose of planning this and future events. All entry forms will be retained until 12 months after the event and then securely disposed of.

- ☐ Swindon Borough Council would like to keep you informed about future events and activities using the contact information you have provided. Please tick the box if you would like to hear from us.
- ☐ British Heart Foundation would like to keep you informed about future events and activities using the contact information you have provided. Please tick the box if you would like to hear from them.