



Join #TeamDanceaid @ Wembley Stadium 10am Saturday 8<sup>th</sup> July 2017 for Britain's toughest 10K funrun!  
 Contact danceaid for updates or visit [www.danceaid.org/survival10k](http://www.danceaid.org/survival10k)

To reserve your place please return your completed form to: **\*laura@danceaid.org\***

**PERSONAL DETAILS (PLEASE USE BLOCK CAPITALS)**

FIRST NAME:

SURNAME:

DATE OF BIRTH:  /  /  SEX: MALE:  FEMALE:

Next of Kin:

Telephone Number:

OCCUPATION:

EMPLOYER:

ADDRESS:

POSTCODE:  NATIONALITY:

TEL. HOME:  MOBILE:

E-MAIL:

PLEASE ENTER A CODEWORD IF YOU WISH TO START TOGETHER WITH A FRIEND. **DANCEAID**

IF YOU ARE A MEMBER OF A GYM/HEALTH CLUB PLEASE STATE WHICH ONE \_\_\_\_\_

HOW DID YOU HEAR ABOUT THE SURVIVAL OF THE FITTEST 10K? \_\_\_\_\_

IS THIS YOUR FIRST 10K ASSAULT COURSE? YES  NO

**YOUR FAST-DRY TEAM VEST (Ladies sizes 8,10,12,14,16, Mens sizes S, M, L, XL, XXL)**

Please post my team vest size ..... to the above address / advise if an alternative address should be used below. Team vests will be sent out once your VMG online fundraising page has been activated and you have raised £50 for danceaid charitable projects. Please see [www.danceaid.org/survival10k](http://www.danceaid.org/survival10k) for instructions.

I declare that I accept the conditions of entry as stated by **(\*danceaid\*)**

*Any athlete needing special requirements (relating to a disability or medical condition) must contact The Men's Health Survival of the Fittest London 10K pre race.*

SIGNATURE: \_\_\_\_\_

DATE: / /