IN THE EVENT OF RAIN, THE CHARITY LAKE CHALLENGE WILL BE POSTPONED TO THE FOLLOWING SUNDAY THE 7TH OF MARCH AT THE SAME TIMES!!

HELP VEGA BAJA
Help in time of need

Paul Cunningham
NURSES
Nurses at the heart of the community
Charity Registration No.: CV-01-042960 CIF.G54338389

WALK RUN OR CYCLE

5KM/10KM OR 20KM

COMBINED SPONSORSHIP FORM

I would like to sponsor _____for taking part in the charity challenge around La Pedrera Lake on Sunday 28th Feb 2010.

Walking boots or non slip footwear e.g. trainers are essential, no sandals or flip flops. Please bring plenty to drink and a high energy snack. It is also advisable to bring SIP or E111 cards. For start times for your event please refer to **www.thingstodoinspain.info** or call Jenni on 660816620.

Name	Address & Telephone No	Amount per km	5, 10 or 20km	Total

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