

# Dunstable Road Runners & Stopsley Striders

Present, on behalf of the Luton & District Committee of



## The BETTY WILLETT MEMORIAL 10K

to ARC Rules – ARC permit applied for  
SUNDAY 2<sup>nd</sup> MAY 2010 : 10.30 a.m.

00/053

### Start & Finish at Athletics Track, Stockwood Park, Luton (Farley Hill entrance)

10k runners must be 15 years or over on the day

Supporting Fun Runs: 2.5 km for adults and children (9 and over) at 10.40 a.m.

"Stockwood Scramble" for under 9 years at 11.40 a.m.

Changing facilities, showers, bag storage and toilets all available at Athletic Track. Ample car parking in Stockwood Park. Drinks stations on 10k at 3.5 k and 7.0 k. Medals for all finishers of 10k and for those taking part in Fun Runs. 10 K Commemorative Trophies to first three men, first three ladies, first three vet. men (40 & over), first three vet. women (35 and over), also first male vet. 50 and 60 and first female vet. 45 and 55, first team of three. (No trophies in Fun Runs as they are fun runs and not races). Course not suitable for wheelchair competitors. 10k Race limit - 400.

**Fees: 10k: affiliated £8.00 (£10.00 on the day) ; unaffiliated £10.00 (£12.00 on the day) , Fun runners & under 9's £3.00 (Affiliated means a member of an ARC or UKA Affiliated Club) (Entries on the day subject to race limit)**

All proceeds from this event, especially donations and sponsorship of runners by their families, friends etc., will go to Cancer Research UK to further its investigations into the causes, treatment and cures, for cancer, in research institutions nationwide (Registered Charity No. 1089464). Please support this work. If you would like to make a donation to Cancer Research UK please enter the amount below. If you have paid sufficient income tax to cover the tax reclaimable under Gift Aid rules (25p for every £1 donated), please sign the gift aid declaration.

Please complete the Entry Form below in BLOCK CAPITALS and send, with remittance (cheques payable to CANCER RESEARCH UK) and s. a. e. (9 " x 6 ") to: John Catlin, 209 High Town Road, Luton, Beds LU2 0BZ. Closing date for postal entries 25<sup>th</sup> April 2010. Apply and enter before the day to avoid that last-minute rush and that "on the day levy"!

For additional information or entry forms, telephone John Catlin on Luton (01582) 726379 (day), 01582 660926 (evening) or email [mjcatlin@aol.com](mailto:mjcatlin@aol.com). Entry Forms also available on [www.dunstableroadrunners.org](http://www.dunstableroadrunners.org) and [www.stopsleystriders.org.uk](http://www.stopsleystriders.org.uk)

### ENTRY FORM

FORENAME .....SURNAME..... Male / Female

ADDRESS..... POSTCODE .....

TEL.....Date of Birth.....AGE ON 2<sup>nd</sup> May, 2010 .....

EMAIL ADDRESS.....

EVENT ENTERED: (*please tick*) 10K  : Fun Run - 2.5 km  : "Scramble"

ARC or UKA affiliated Y / N Name of Club .....(applies 10k only)

Entry Fee for event £..... Donation £..... Total Remittance £.....

**Gift Aid Declaration:-** I declare that I am a UK tax payer and have paid sufficient income tax to cover the tax recoverable on the above donation. Signed .....

I declare that I am an amateur and that I am medically fit to take part and do so entirely at my own risk and I will not hold the organisers in any way responsible for injury or loss. I agree to abide by ARC rules.

Signed .....(Parent or Guardian if under 15) Date.....

The information contained on this entry form will be stored on an electronic database in accordance with the provisions of the Data Protection Act and used only for the purpose of this event and for mailing details of future events.



CANCER RESEARCH UK

Luton & District Committee

'Together we will beat cancer'

280, Stockingstone Road,  
Luton, Beds. LU2 7DD  
Tel. Luton (01582) 731597

15<sup>th</sup> February, 2010

Dear Reader,

Welcome to the 29<sup>th</sup> running of this event, the Cancer Research UK 10 km, now named the Betty Willett Memorial 10km in honour of my late wife, Chairman of this Luton & District Committee for twenty years.

In that time, the Committee raised £1 million for cancer research. We are now working on the second million! To date, since this fundraising event started in 1982 at Whipsnade Zoo, it has realised £299,906, last year's Run having brought in £3,512 towards the Committee's total for 2009/2010 of £39,396, from all sources, sent to Cancer Research UK's HQ.

Very many thanks to everyone who contributed in any way to last year's excellent result: to the runners and walkers with their entries, their sponsors, particularly those who Gift-Aided their support, those who were generous with their donations, and support from friends and businesses. We are particularly grateful to Dunstable Road Runners and Stopsley Striders for their organising skills and effort before and on the day of the Run and for taking part so effectively.

Please come and enjoy a run or walk on the 2nd of May. We'll hope for fine weather as we need your support to keep the funds flowing in to the research work, vital for present and future sufferers from the many forms of cancer. At one time or another, almost everyone is affected by cancer – whether personally or through someone they know. The scientists and doctors of Cancer Research UK are finding out more about what causes cancer and how it can be prevented and treated. The discoveries are helping to save lives but there is a long way to go and the work is costly. We need your support to ensure that progress continues in the future. Please help in whatever way you can.

Yours sincerely,

A. E. 'Ted' Willett, Hon. Chairman,  
Luton & District Committee

**Patron** Her Majesty the Queen

**Presidents** HRH The Duke of Gloucester KG GCVO and HRH Princess Alexandra, the Hon. Lady Oglivy KG GCVO **Chief Executive** Professor Alex Markham

Cancer Research UK is a registered charity No. 1089464. Registered as a company limited by guarantee in England and Wales No. 4325234.

Registered address, 61, Lincoln's Inn Fields, London WC2A 3PX