



## Run the worlds greatest route and raise funds for the Dyspraxia Foundation! Sunday, 10th July 2016 / 9.35am Start

# British 10K London Run

The Vitality British 10K London Run is staged on the world's greatest route through the heart of central London passing many of the capitals truly world class historic landmarks including the WW2 Bomber Command Memorial, St Pauls Cathedral, Trafalgar Square, The Houses of Parliament and Big Ben.



Dyspraxia is surprisingly common in both children and adults. It is a hidden condition which is still poorly understood. Frequently falling over, difficulty walking up and down stairs, poor at dressing, no spatial awareness, inability to remember more than two or three instructions at once, barely legible handwriting, problems forming relationships and prone to bullying – these can be familiar symptoms for children with dyspraxia.



For further details see [www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk) tel 01462 455016 or email [info@dyspraxiafoundation.org.uk](mailto:info@dyspraxiafoundation.org.uk)

Name: \_\_\_\_\_

Age (if under 18): \_\_\_\_\_ (applicants should be 15 yrs or over on 10th July 2016)

Address: \_\_\_\_\_

Post code: \_\_\_\_\_

T Shirt  or Running Vest  size (please circle) S / M / L / XL

I enclose my registration fee of £40 and pledge to raise a minimum of £150 for the Dyspraxia Foundation.

Signature: \_\_\_\_\_ (parent/guardian if under 18)

Please return the completed form and cheque made payable to 'Dyspraxia Foundation', 8 West Alley, Hitchin, Herts SG5 1EG

Registered Charity No 1058352, Company No 3256733