



Run the worlds greatest route and raise funds for the Dyspraxia Foundation! Sunday, 5th July 2020 / 9.30am Start

ASICS LONDON 10K

Join **Team Dyspraxia** for a 10K run through the heart of London! Take in countless landmarks and iconic sights to the beat of live music at every kilometre. You will be cheered on by thousands of supporters along the closed roads and pass Westminster, Big Ben, Pall Mall, Trafalgar Square and many other famous locations.

Dyspraxia is surprisingly common in both children and adults. It is a hidden condition which is still poorly understood. Symptoms can include 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 symptoms for children and adults with dyspraxia.

For further details see: www.dyspraxiafoundation.org.uk tel: 01462 455016 or email: info@dyspraxiafoundation.org.uk

Name and Address: _____

Age (if under 18): _____ (applicants should be 15 yrs or over on 1st July 2020)

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

I enclose my registration fee of £40 / I have paid via the link on the website (delete as applicable) and I pledge to raise a minimum of £150 for the Dyspraxia Foundation.

Signature: _____ (parent/guardian if under 18)

If you have paid your registration fee online, please complete and return this form to info@dyspraxiafoundation.org.uk. If sending your registration fee by cheque please return the completed form and cheque made payable to: 'Dyspraxia Foundation', 8 West Alley, Hitchin, Herts SG5 1EG