

AFRICAN VISION MALAWI

'Creating lasting change'

www.africanvision.org.uk

Registered charity 1113786



London 10km challenge!

Sunday 12th July 2015

RAISING FUNDS FOR ORPHAN AND VULNERABLE PEOPLE IN MALAWI

We are looking for runners to run the 10km run in London to celebrate our 10th Anniversary.

We ask you to commit by booking your place at <http://www.thebritish10klondon.co.uk/> which costs £50. You will receive a t-shirt from The British London Run and a running t-shirt from African Vision Malawi. Dan Tuck is the co-ordinator and an experienced runner who will support you through your training with occasional meetings to keep you motivated!

How to enter....

1. Click - 'Individuals Enter Here'
2. Click - 'I want to run for myself'
3. Click - 'Enter Now' and decline to offer of raising money for the official race charity
4. Fill in all of the boxes, including the t-shirt size that you want to go for

We have set up a joint btmydonate page, but you are welcome to have your own!

<https://mydonate.bt.com/events/avm10krun/207530>

In our area, many children walk 10km every day to go to school and back!

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