

**TCS Money London Marathon
Sunday 23rd April 2023**

**Application for a Hertfordshire Community Foundation
London Marathon place**

PERSONAL DETAILS

Title		Surname		First name	
Home Address					
Postcode					
Telephone (day)		Mobile			
Email					
Male/Female		Date of birth			
Occupation					
Company/employer name					
Does your employer offer a Matched Giving scheme?	Yes/No				
Have you applied for a London Marathon place via the official ballot?	Yes/No				

RUNNING

<p>Please tell us about:</p> <p>a) your experience of running half-marathons, full marathons and London Marathons (if any)</p> <p>b) your general fitness, current training programme and future training plans</p>

FUNDRAISING

We ask all our runners to fundraise a minimum of £1500 (excluding Gift Aid). It is important that runners are confident of raising this amount.
Have you fundraised before? If so, how much did you raise and how did you go about this?
Please provide details of how you see yourself raising this amount. Choose realistic ideas that you can put into action and will gain support from family, friends and colleagues. (The Foundation is registered with Just Giving and Virgin Money Giving)
Will your company/employer match your sponsorship? Yes/No

DECLARATION I would like to apply for a Golden Bond place in the Virgin Money London Marathon 2022. I pledge to raise the minimum sponsorship of £1,500 (before gift aid) and have read the Terms and Conditions. I do/do not (delete as appropriate) consent to my name being included in HCF publications in my capacity as Marathon Runner, raising funds for HCF. Signed _____ Date _____

**If you are offered a place, you will be invited to a Marathon runners evening event at our offices –
DATE 22nd February 2023
Previous Marathon runners have found this invaluable, so we would encourage you to attend.**

London Marathon 2023 - Terms & Conditions

- You must be 18 years old on the date of the Marathon
- HCF reserves at its absolute discretion the right to refuse an application
- By accepting one of our guaranteed places, you pledge to raise a minimum of £1,500 for the charity, excluding gift aid.
- If you are unable to participate in the Marathon for any reason all donated monies collected in aid of Hertfordshire Community Foundation must be forwarded to the charity immediately or returned to the individual sponsors. Monies already received by the charity will not be refunded.
- Hertfordshire Community Foundation cannot be held responsible for any injury sustained during the Marathon or through any training association with the race. Runners are advised to seek medical advice from their GP before participating in the race.
- Hertfordshire Community Foundation cannot be held responsible for any injury, loss or damage sustained as a result of any fundraising event or activities aimed at raising funds in aid of Hertfordshire Community Foundation.

Please return to Ingrid Dos Santos, Hertfordshire Community Foundation,
Foundation House 2-4 Forum Place, Fiddlebridge Lane, Hatfield, Herts, AL10 0RN
E: ingrid.dossantos@hertscf.org.uk
Charity No. 1156082 Limited company registered in England under number 8794474