

Diabetes Research & Wellness Foundation

www.drwf.org.uk

Pledge a pound to DRWF Jolly Joggers

Please support DRWF in the 2009 London 10K run

On Sunday, 12th July, for a third year, Sarah (CEO), Jenny (Administration) and Anne-Marie (Editor) are running for the Diabetes Research & Wellness Foundation in the 2009 British London 10K run, along with nine other supporters.



Please pledge £1 (or more if you can)? Your generosity will enable us to continue to fund diabetes research and support those living with diabetes through our outreach activities. If all our members pledged £1 this would cover the cost of SIX diabetes wellness days.

Either return the pledge form below by post or fax (02392 636137), call us on 02392 637808 or donate online by visiting our fundraising page: <http://www.justgiving.com/drwfjollyjoggers>

Please mark your envelope '**LONDON 10K**' - and return this completed pledge form to: **DRWF** 101-102 Northney Marina, Hayling Island, Hampshire PO11 0NH.

I wish the DRWF team 'good luck' in the 2009 London 10K and enclose my sponsorship pledge:

Amount £ Donation method: Chq/PO/Credit Card/CAF (please circle)
Cheques to be made payable to DRWF

Please debit my credit card as follows:

Card Type Card No Exp
Start Date: Issue No (if applicable) 3-digit sec code



If you are a UK tax payer you can increase the value of your donation by 25%.



I want the Diabetes Research & Wellness Foundation to treat all donations I have made for the six years prior to this year and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations*

*You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year (currently 25p for each £1 you give). Please remember to inform us of any changes in your tax status.

Please complete these details in full:

Title Forename Surname

Address (if different from overleaf):

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.....Postcode

Email.....Tel No.....

Signature: Date