

# Run 10k and raise money to help children at Hands of Compassion School in Zambia!

Sunday 15 July 2012



Take part in the Asics British 10K London Run and help raise money for orphaned children at Hands of Compassion Community school in Zambia.

2012 will be an historic year - the Olympics in London, the Queen's Diamond Jubilee and UK's most prestigious 10K London Run! Much of the British 10K London Run course will be used for both the men's and women's Olympic Marathons a couple of weeks later!

The Run starts at 9.35 am Hyde Park Corner, taking you past famous landmark such as Piccadilly, St James Palace, Trafalgar Square, Somerset House, St Paul's Cathedral as far as Tower Bridge, and then back along the Embankment to Westminster Bridge, passing Houses of Parliament, Westminster Abbey and finishing at Horse Guards.

Not only will you experience these great views, but a wonderful atmosphere as well, as it is expected approximately 27,000 people will be taking part!

You will be part of the Hands of Compassion team of a minimum of 6 Runners. Terms and Conditions of the Run dictate that you must be able to complete the course within 2 hours.

**Registration fee:** To confirm your registration, you need to pay Hands of Compassion a fee of £30 which covers your entry to the Run. Cheques, made payable to "Hands of Compassion", should be sent to Hands of Compassion, PO Box 386 Gravesend DA12 9FE.

**Raising Sponsorship:** The objective of this Run is not only the enjoyment and challenge of running 10k, but to raise funds for Hands of Compassion School. Our target is to raise at least £2000 ie a minimum of £250 each person. A sponsorship form is provided for your use. We are also registered with JustGiving for any one who wishes to give a donation by debit or credit card. Please tell your family, friends, work colleagues etc that you are taking on this challenge and ask them to help sponsor you. All the money you raise will go direct to the School, to help build some extra classrooms.



For more information, ie practical details on the day, tips to get fit in your training beforehand, contact Hands of Compassion by telephone 01474 822683 or email:

[info@handsofcompassion.org.uk](mailto:info@handsofcompassion.org.uk)

**This is a unique opportunity, so hurry and register your place with Hands of Compassion.**