



bromley by bow centre

Run the ASICS British 10k London Run

9.35am Sunday 11th July 2010

and transform the lives of disadvantaged families



Join 26,000 runners on one of the world's greatest race routes through the heart of London passing many famous and iconic landmarks including St James's Palace, St Paul's Cathedral, Big Ben and the London Eye. For the last three years this race has been a sell-out. Run for the Bromley by Bow Centre and enjoy this unique and unrivalled experience

Raise a minimum sponsorship of £200 and in return you will receive:

- Training advice
- Fundraising support
- Special visit to the Centre to see firsthand the difference you will make
- Race number and event programme
- On the day support
- Post-event celebration
- Post-race Asics goody bag
- Finisher's medal
- A dedicated contact at the Bromley by Bow Centre to answer questions at every step along the way



Complete and return the registration form, including payment of the registration fee. Once payment has been acknowledged your place will be secured and you will be a member of the Bromley by Bow race team!

The Bromley by Bow Centre is a registered charity - no. 1041653

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If you run for the
Bromley by Bow Centre
your money will help change lives...



bromley by bow centre



The Bromley by Bow Centre works with over 2,000 families, adults and young people each week. We support local people to learn new skills, improve their mental and physical health, find employment and develop an entrepreneurial spirit.

We enable people of all ages to develop the confidence to achieve their goals and transform their lives.

Bromley by Bow remains one of the most deprived wards in the UK and one of the poorest in Europe. Our community experiences high levels of unemployment, low incomes, poor health and overcrowded and substandard housing.

Within our community...

- 43% of people over 16 have no qualifications
- Unemployment is at almost three times the national
- Overcrowding is almost five times the national level
- Infant mortality is 50% higher than the national average

The Bromley by Bow Centre provides a fully integrated package of services to some of the most vulnerable in our community and enables people to take control of their lives and transform their community.

Your fundraising for the 10K could help us to:

- Teach someone to read or write English for the first time
- Give advice and support to a teenage girl who may be coming to terms with being pregnant
- Provide arts classes for someone with a physical or mental health problem who may be isolated in their community
- Give advice and practical support to unemployed people
- Provide horticulture therapy to a person with mental health problems
- Give advice and practical support to a struggling young family
- Train local people to become Health Trainers and support and empower local people to adopt healthier lifestyles



For more visit www.bbbsc.org.uk

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