THE HERTS 10K CHALLENGE

Sunday 12th October 2008
in aid of Grove House

Rothamsted Research in Harpenden

GROVE HOUSE

SPONSORSHIP FORM

Please print all details clearly in block capitals

*Full Name.....*Address.....

..... *Post Code..... *Mobile Phone Number.....

*Emergency Contact.....*Telephone Number(s).....

*Any medical conditions we should be aware of.....

Please makes cheques payable to Grove House

Amount raised online (if any) £.....

Grove House, Waverley Road, St Albans, Hertfordshire, Al3 5QX

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By ticking the Gift Aid column below you will enable Grove House to add almost one third to the value of your sponsorship at no extra cost to you. You must pay income tax and/or capital gains tax at least equal to the tax year (currently 28p for every pound). In order to increase your gift you must complete the details below in full. Please include your title, full name, full home address and postcode. Don't forget to tick the box!

We, who have given our names and addresses below, and who have ticked the box entitled Gift Aid, want Grove House to reclaim tax on the donation detailed below, given on the date shown. We understand that each of us must pay income tax or capital gains tax equal to the tax reclaimed by the charity on the donation.

Title	First Name	Surname	Full Home Address	Postcode	Amount	Gift Aid ✔	Date Given

An online personal fundraising page is the most efficient way to raise sponsorship. Visit www.herts10k.com