

Cardiff Half Marathon 2025 Application

Join us and help raise vital funds for a leading head and neck disease charity, by running in one of the world's most prestigious sporting events.

Welcome!

Thank you for your interest in running the 2025 Cardiff Half Marathon with Get A-Head. This form will enable us to get to know you more, and hopefully get you started on your fundraising journey. Please complete all parts, and any queries please contact Laura at info@getahead.org.uk.

To be approved, we please ask for a completed form, and **pledge to raise at least £500 minimum sponsorship** in addition to paying a £50 non-refundable registration fee.

Personal Information

Name:
Address:
Postcode
Telephone – Mobile:
Telephone – Other:
Date of Birth:
Email*:

*Please note: We will be keeping in touch with you via email so please add an email address that you check regularly. We may also contact you from time to time about other areas of our work including fundraising events and recent news; you can always opt out of these marketing emails.

How did you hear about us?

A bit more about you...

Why are you interested in supporting The Get A-Head Charitable Trust?

Answer:

Tell us about your fundraising plan:

How much do you plan to raise? (Minimum £500)

Answer:

Have you fundraised before, and if so what did you do, and how much raised?

Answer:

Do you have a plan of how you will raise this money? See our Top Tips (below)

Answer:

Are you willing to ask your employer to support your fundraising efforts? If so, please give details.

Employer:

Job role:

They may choose to sponsor you, match or part match your fundraising total, or allow you to promote your fundraising work on the work intranet. Our team can help you craft the perfect "ask" to maximise effectiveness.

Top Tips

- Try to break your target down into achievable blocks and think about how you will raise each amount
- Think about work/social contacts you have and any social activities you take part in e.g. are you a member of a club or sports team?
- Could you organise any events or activities in your local area or at work to boost your fundraising potential?

We are happy to produce Press Releases for your local paper .

Nearly there! Please read on for Terms & Conditions and final steps...

Terms and Conditions

www.getahead.org.uk

info@getahead.org.uk

Please read the following carefully and sign below:

- You must be at least 18 years of age by the date of the event
- There is a minimum pledge of £500 in sponsorship along with a £50 registration fee. We require you to send at least 50% of your sponsorship money (including any on-line donations through Just Giving) one month before the marathon date. The remaining sponsorship should be sent to us three months following the event.
- Should you choose to withdraw, you may return all your sponsor forms and forward monies raised to Get A-Head (provided your sponsors agree to this) or return the monies to your sponsors. Your registration fee of £50 will not be refunded.
- You confirm that to the best of your knowledge your general state of health and fitness is good and you take full responsibility for your actions prior to, during and after the Half Marathon.
- Please note Gift Aid does not count towards your sponsorship total.
- Photographs and video footage will be taken at this event and may be used for publicity purposes.

Declaration

- I apply to take part in the 2025 Cardiff Half Marathon on behalf of The Get A-Head Charitable Trust and have read and understood the conditions of entry.
- I pledge to raise a minimum sponsorship of £500 and understand the terms and conditions for raising this money.
- I believe that I am fit enough to complete the 2025 Cardiff Half Marathon and take full responsibility for myself. I am aware I am responsible for my actions or in-actions and that The Get A-Head Charitable Trust and its employees cannot be held responsible for loss or damage to personal effects, injury or death.

Full name:

Signature:

Date:

Next Steps

When you have completed all sections of this form, please return it to Laura at info@getahead.org.uk.

Data Protection

The Get A-Head Charitable Trust takes data protection very seriously. We promise we will not pass your details on to other organisations.

Thank you!

We would like to extend our most sincere thanks to you for applying. We receive 100% of our income through donations and fundraising – **without people like you, we really couldn't do what we do.**