

No stamp
needed but
using one will
help cut our
costs

PRAXIS CARE
FREEPOST BE 1695
25-31 Lisburn Road
Belfast
BT9 7AA
Northern Ireland



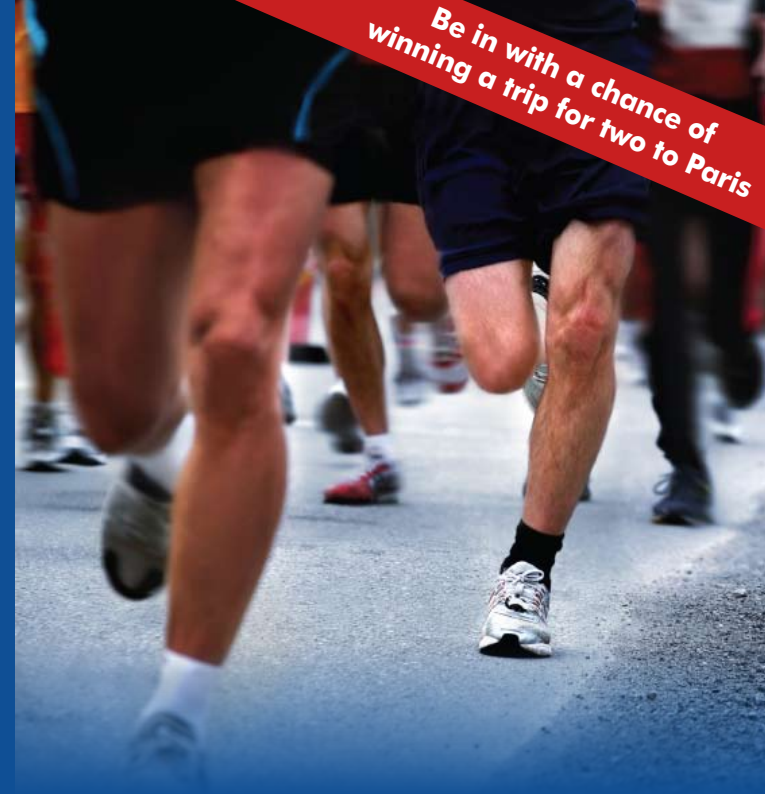
Praxis
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A full list of marathon events can be obtained
from fundraising@praxiscare.org.uk or
by calling Praxis Care on 028 9023 4555

Praxis Care, 25-31 Lisburn Road, Belfast, BT9 7AA
www.praxiscare.org.uk
Charity Number: XN80842



Be in with a chance of
winning a trip for two to Paris

Lace Up and Sign Up for Praxis Care's Marathons

Belfast City Marathon
Dublin Women's Mini Marathon
Isle of Man Marathon & Half Marathon
Great North Run



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Run for Praxis Care

Praxis Care is asking individuals to support adults and children with learning disabilities and mental ill health by taking part in the marathon events in Ireland, the Isle of Man and the UK.

No pressure is put on anyone. All participants have to do is get fit enough to walk, jog or run. Whatever your level of fitness is, there is a section to suit everyone from running or walking to team relays.

All individuals who raise over £99 will be entered into a prize draw to win a trip for two to Paris.

So why wait? Register today for one of the marathon events and help raise valuable funds for Praxis Care.

Belfast City Marathon

Date: Monday 3rd May 2010
Venue: Belfast City Centre

Over 18,000 runners are expected to hit the streets of the North, South, East and West of the City. **Entries are now available with a final cut off point for entries on the 16th April 2010. No entries will be accepted after this date. For more information or to register www.belfastcitymarathon.com**

Dublin Women's Mini Marathon

Date: Monday 7th June 2010
Venue: Dublin City Centre

The Women's Mini Marathon is the biggest all women's event of its kind in the world. Over the years some 600,000 women have entered the event.

Entries open on Wednesday 3rd March and close on Tuesday 27th April 2010. For more information or to register www.womensminimarathon.ie

Isle of Man Marathon & Half Marathon

Date: Sunday 8th August 2010
Venue: Ramsey, Isle of Man

Why not take part in the classic distance marathon and half marathon road races on a quiet, picturesque and rural course in Ramsey, Isle of Man.

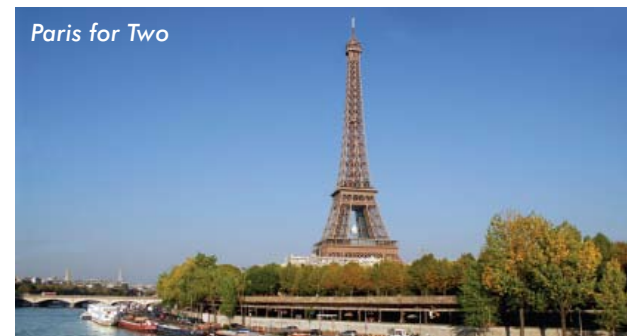
For more information or to register www.marathon.iomvac.co.uk

Great North Run

Date: Sunday 19th September 2010
Venue: Gateshead, Newcastle

The Great North Run is the world's biggest half marathon with 54,000 runners expected to take part in the event.

Entries are open. For more information or to register www.greatrun.org



What I need to do

If you are interested in taking part in any of the marathons please fill in this form and pop it in the post to Praxis Care or alternatively register online at www.praxiscare.org.uk

Name:

Address:

Postcode:

Telephone:

Email:

T-shirt size: Small Medium Large Extra Large

Number of t-shirts Number of sponsorship sheets

I want to Run for Praxis Care in:

Belfast City Marathon

Dublin Women's Mini Marathon

Isle of Man Marathon & Half Marathon

Great North Run

You will receive a t-shirt, sponsorship form, tips for training and entered into a draw for a trip for two to Paris if you raise over £99.