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needed but  
using one will  
help cut our  
costs

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



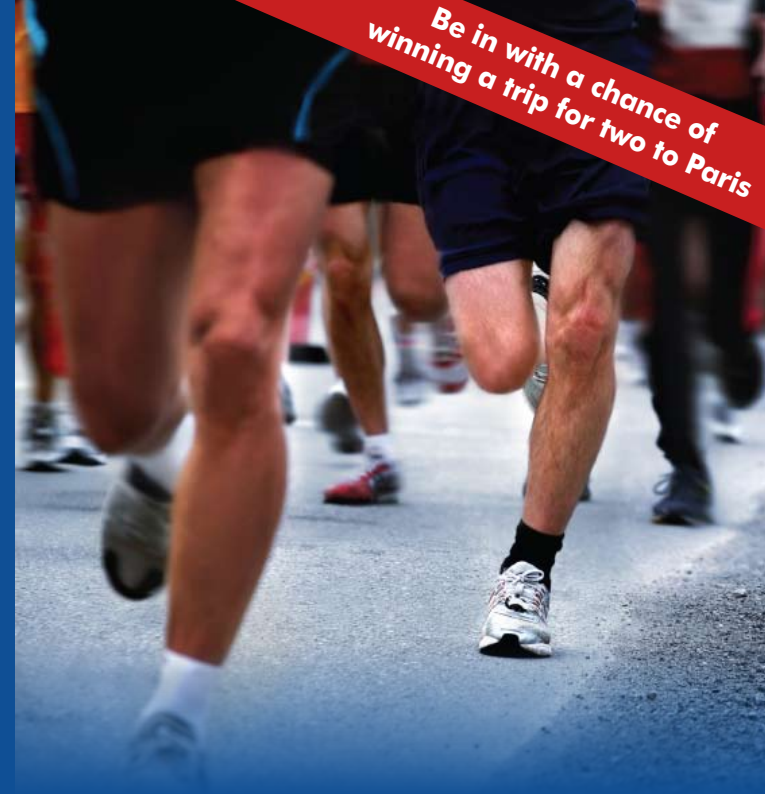
**Praxis**  
care



**Praxis**  
care

A full list of marathon events can be obtained  
from [fundraising@praxiscare.org.uk](mailto: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](http://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



**Praxis**  
care

# 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](http://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](http://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.

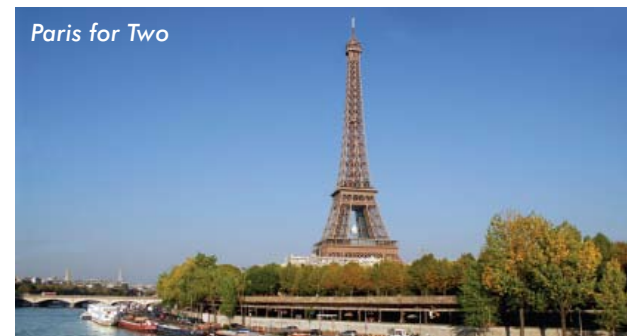
**For more information or to register [www.marathon.iomvac.co.uk](http://www.marathon.iomvac.co.uk)**

## 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](http://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](http://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.*