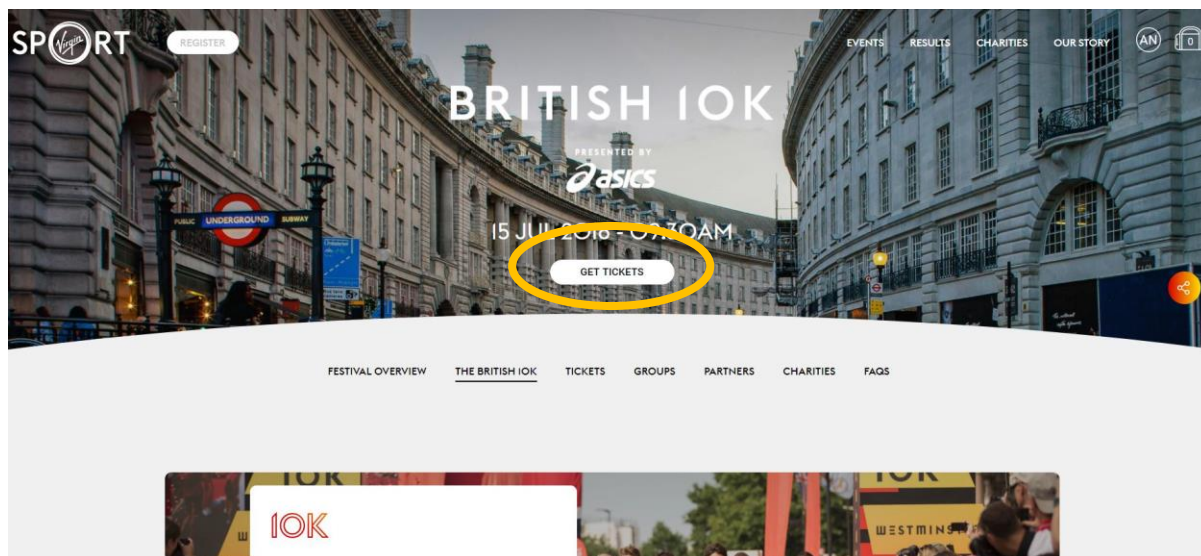




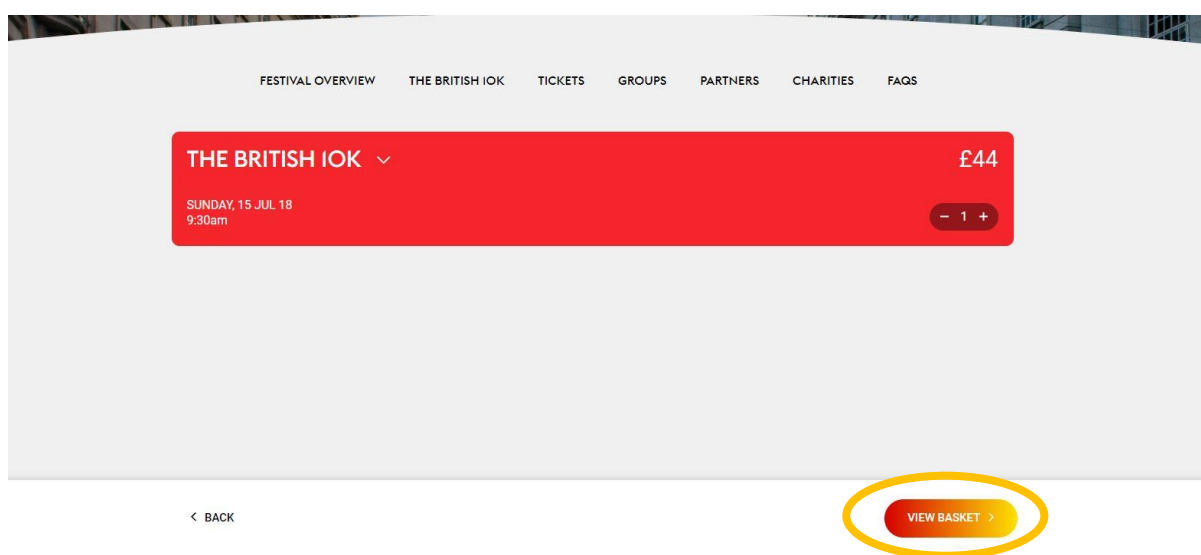
## How to register for your 10k place online

To register for the Virgin Sport British 10k through the Virgin Sport website, follow the instructions below. If you need any help, please don't hesitate to give us a ring on 0207 467 5132 – we would love to hear from you!

1. Go to [uk.virginsport.com/event/westminster-2018/british-10k](http://uk.virginsport.com/event/westminster-2018/british-10k). It will bring up the webpage below. You will need to click on the 'Get Tickets' button (circled here in yellow).

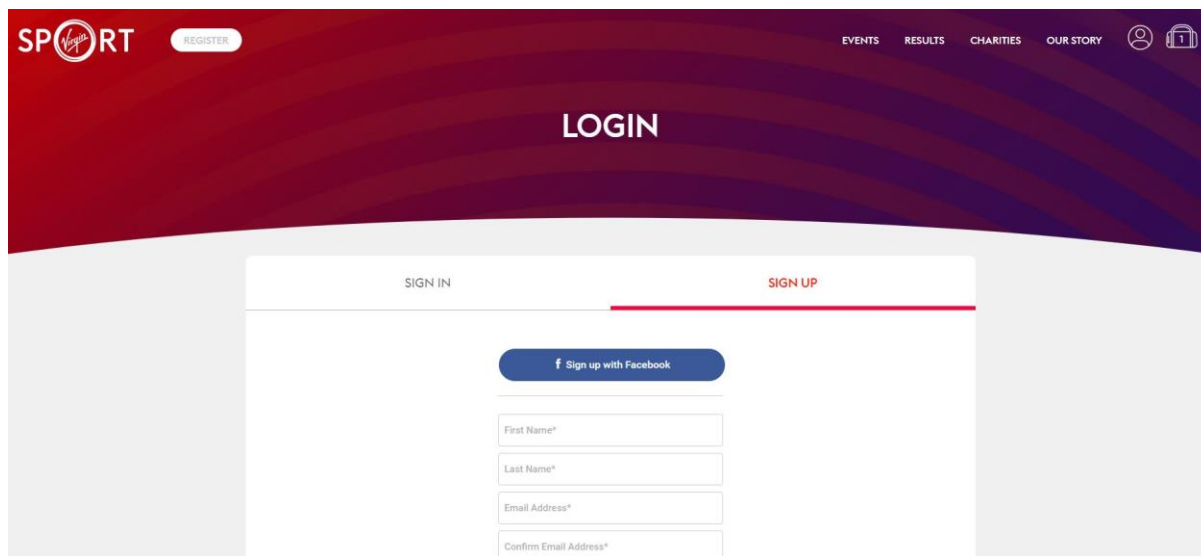


2. This will bring you to the next stage. If you are registering for more than one place click 'add' to increase your number of tickets. Click 'view basket' (circled here in yellow) to continue.

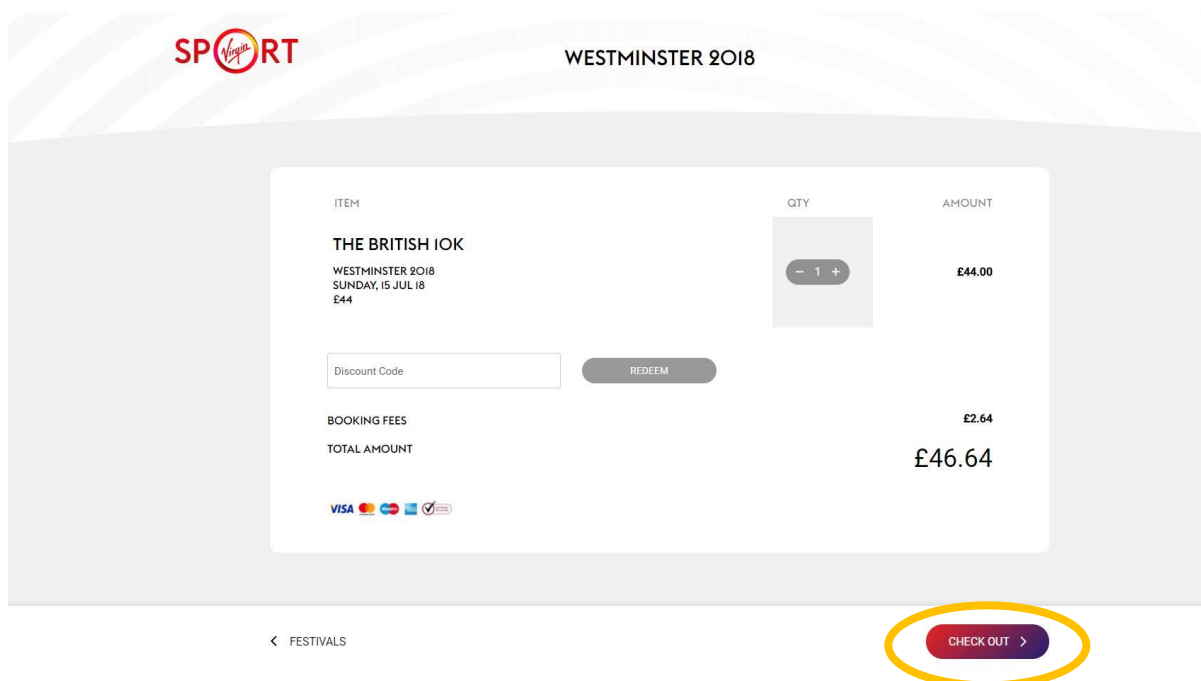




3. You will then be asked to sign up. Don't worry, you don't have to use Facebook – you can manually input all your details. Fill out all the sections until the reach the bottom of the page and then, click 'sign up'. Remember to make a note of all your details.



4. You will then be taken to view your basket. Double check the amount in your basket is correct. There is a booking fee of £2.64 per ticket. When you're happy everything is correct, click 'check out' (circled here in yellow).





- You will then be asked to fill in a number of details and emergency information. If you have any questions, please don't hesitate to ask, you can call us on 0207 467 5132.

You will see on the form a question about running for a Charity. You do not need fill this out. All We Can is not an official Charity Partner for this event, we are not listed here. However, there is a chance to join the All We Can team at a later stage. When you have completed this stage, click 'order summary' at the bottom of the page.

**SP<sup>ORT</sup> Virgin** WESTMINSTER 2018

PASS DETAILS > ORDER SUMMARY > PAYMENT DETAILS

**THE BRITISH 10K**  
 WESTMINSTER 2018  
 SUNDAY, 15 JUL 18  
 9:30am

**THE PARTICULARS**

Who's this ticket for  
 Me  A Mate

Contact number\*  
Oops, you forgot to fill this in

Target finish time\*  
 Hour Minute

Wheelchair competitor

England Athletics Member

Shirt Size

**EMERGENCY INFORMATION**

- Check all your details on the summary page are correct, and then continue. This will take you to a payment section. Simply fill in your card details, and continue.

**SP<sup>ORT</sup> Virgin** WESTMINSTER 2018

PASS DETAILS > ORDER SUMMARY > **PAYMENT DETAILS**

PAYMENT DUE **£46.64**

**PAYMENT DETAILS**

VISA

How would you like to pay?

**PayPal Checkout**  
The safer, easier way to pay

Card number\*

CVV\*

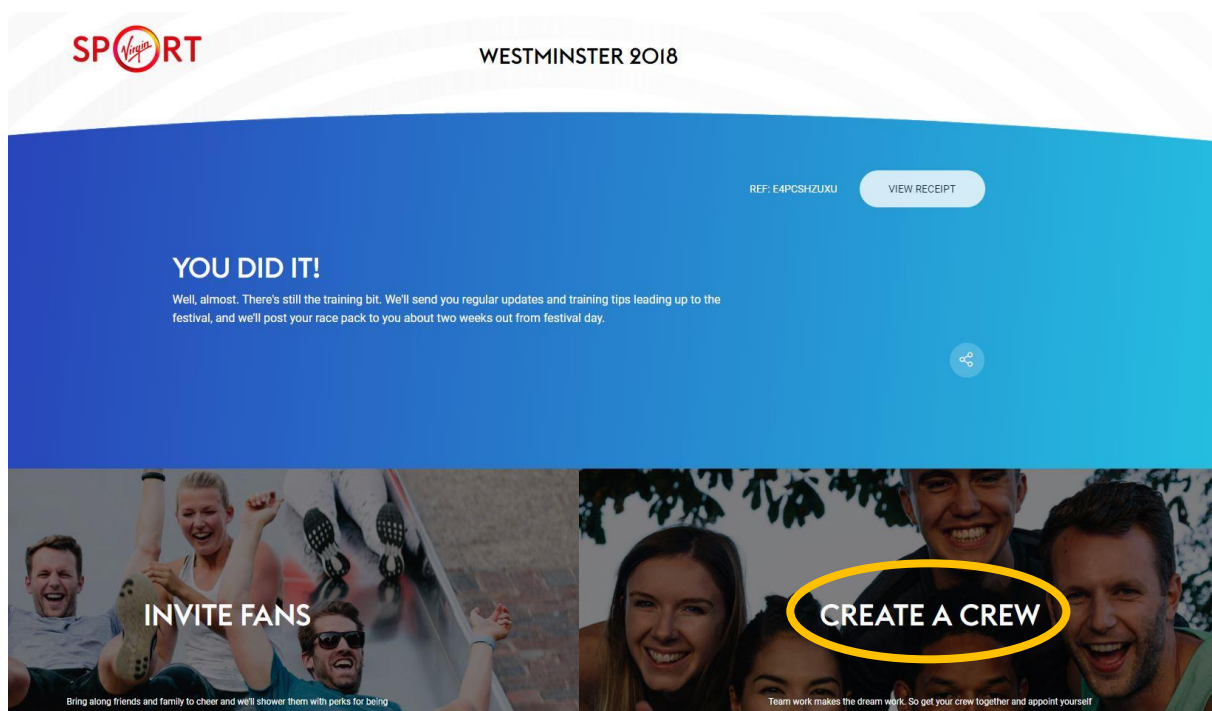
Expiry date (MM/YY)\*

Remember Card



## 7. Congratulations, you're now officially registered!

To join the All We Can team. Click 'create a crew' (circled here in yellow) to scroll through the crews that have been created, and then choose us 'All We Can'. You should see our Direct Marketing and Supporter Services Manager Katie Kurilecz, who is also running is team captain.



## 8. We would really appreciate it if you could send us by email the reference number for your registration for our records. This is the 10 digit code, made up of letters and numbers, which can be found in your receipt or confirmation email. Once we've received this, along with your All We Can application, we will send you a special runners pack and be on hand to support you through every step of your journey. We can't wait to see you on the 15<sup>th</sup> July!