



**Work your heart , Give your heart .....  
join TEAM AFP for.....  
The British 10K London Run!**

**Fundraising will help continue support our partner charities in India, so  
get those running shoes on!**



**Photo:** Some of last years AFP runners.  
**From left to right:** Vipul Raval, Nirisha  
Saujani, Samir Gandhi, Vidhi Kapoor.

Our 2009 Runners raised a  
fantastic £2,000 for AFP!

Keep fit and join the fun for  
a second year running and  
raise even more for a great  
cause

**When?** Sunday 11th July 2010

**Where?** London

**Distance?** 10K

**Fundraising:** Minimum £400

**How to get a place:** email Shivani Pankhania at [shivani.pankhania@affp.org.uk](mailto:shivani.pankhania@affp.org.uk)