**Run Shoreditch 10K 2025 Volunteer Expenses Claim Form**

If you experience any difficulty in completing this form or if you require any assistance, please contact us on volunteers@motivsports.co.uk

**Instructions for Volunteer**

1. Enter your details including **all bank details**
2. To claim, enter the type of travel or number of miles travelled and multiply by the applicable rate. Submit claims with relevant receipts
3. **Public Transport**: Up to£15.00 per shift
4. **Or Car Travel**: £0.45 per mile up to £15.00 per shift
5. **Or Bike Travel**: £0.20 per mile up to £15.00 per shift
6. Return this to the volunteer team at volunteers@motivsports.co.uk with **a receipt, no later than 30 days from the date of the event.**

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| Name: |
| Address  | Bank detailsName:Account number:Sort Code: |
| Email: | Contact number: |
| **EXPENSE DETAILS** |
| **Date** | **Details of expense / journey** | **Number of miles travelled** |
|  |  |  |
|  |  |  |
| **Claim Total:** |  |  |