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**TAMESIDE SPORT & PHYSICAL ACTIVITY AWARDS**

**NOMINATION FORM - 2019**

To enable us to process your nomination form, please ensure that all relevant information is completed.

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| **NOMINEE DETAILS** |
| **NOMINEE NAME** |
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| **CATEGORY** |
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| **BOROUGH** *This will determine which local awards the nominee is put forward for.* |
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| **ADDRESS** *Please ensure that this is a personal not club/work address.* |
|  |
| **TELEPHONE NUMBER** |
|  |
| **EMAIL ADDRESS** |
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| **NOMINATOR DETAILS** |
| **NAME OF NOMINATOR** |
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| **NOMINATOR ADDRESS** |
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| **NOMINATOR TELEPHONE NUMBER** |
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| **NOMINATOR EMAIL ADDRESS** |
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| **PLEASE COMPLETE THE RELEVANT NOMINATION FORM BELOW, THEY ARE SET UP BY CATEGORY, AND SUBMIT IT WITH THIS FRONT SHEET.** You can complete it electronically by typing into the light grey boxes or print it off and use the criteria as a template for writing the nomination. |

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| **CHANGING LIFESTYLE RECOGNITION AWARD** |
| **TAMESIDE SPORT & PHYSICAL ACTIVITY AWARDS** |
| * *Please complete this nomination form and submit with the front sheet.*
* *A MAXIMUM of 200 words for each of the criteria can be submitted giving examples where you can.*
* *This nomination should reflect achievements in the past 12 months.*

This category requires the nominee to have changed their lifestyle through sport and physical activity. |
| **CRITERIA** |
| 1. **DESCRIBE ANY ACTIVITIES UNDERTAKEN BEFORE THE LIFESTYLE CHANGE.**
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| 1. **DESCRIBE THE LIFESTYLE CHANGES AND HOW IT HAS IMPROVED THE QUALITY OF DAY-TO-DAY LIFE.**
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| 1. **PLEASE GIVE DETAILS OF ANY HEALTH PROBLEMS AND LIMITING CONDITIONS THAT HAVE IMPROVED OR BEEN MANAGED THROUGH THESE LIFESTYLE CHANGES.**
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| 1. **PROVIDE ANY ADDITIONAL INFORMATION ON HOW THE NOMINEE’S IMPROVEMENTS HAVE INSPIRED OTHERS TO CHANGE THEIR LIFESTYLE AND BECOME MORE ACTIVE.**
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| Please return to Andy Dwyer at, Active Tameside, Active Ken Ward, Hattersley Road East, Hattersley, Hyde, Cheshire, SKL14 3NL or by email at – andrew.dwyer@activetameside.com |

**Closing Date – Sunday 4th August 2019**