

# The BFBS Big Salute Mile-a-Thon Mileage Form

[illegible]

**Please submit your mileage to [bfbs.com/mile](https://bfbs.com/mile) by 1800 UK Time on Thursday 3rd October.**

**Transfer your donations to our Just Giving page – simply use the QR code or go to [bfbs.com/mile](https://www.bfbs.com/mile).**