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Fowey Fun Run 5K Entry Form (Note: 1 entry form *per entrant*)

Name: ----------

Gender: **Male / Female** **Age:** ----------
(Circle appropriate) *(Min. 12)*

Home Address ----------

Address in Cornwall: ----------
(If different from above)

Email Address: ----------

Please tick here if you do not want to receive Rugged Interactive's newsletters: ☐

Next of Kin: ----------

Contact Number: ----------

Any pre-existing medical complaints: ----------

Entrant Paid £5? **Y / N** **T-shirt size:** **S / M / L / XL**
(Circle appropriate) *(Circle appropriate)* *(If available)*

PLEASE leave this part with the organisers.

Take this part away with you

Please be aware that the course is both on and off road, has some climbs and may be slippery. There are no drink stops. You should consult your doctor if you do not already take regular exercise and be aware of your own limitations. Stop and ask for assistance if you feel unwell.

We will wait for all finishers, but if you have to stop – **PLEASE** tell a marshal.

Registration and start will be at **Fowey Leisure Centre, Windmill Road** (top of the hill) and will be signposted.

The run will start at 10am. Registration will be open from **8.30am** – **PLEASE** do not leave it too late to sign in!

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FOWEY ROYAL REGATTA
16-22 AUGUST 2015