



TWENTY SEVENTH HERITAGE COAST RUN / WALK - SUNDAY 3rd MAY 2009

REGISTRATION FORM FOR ALL DISTANCES

PLEASE PRINT IN CAPITAL LETTERS

Name of Contact Person							
Full Address		Post Code					
Telephone Number				Email			
I / We will be raising money to benefit:- (Please name Charity, Club or Rotary Nominated)							
ENTRANT'S FULL NAME	M / F	Office Use	Distance	W / R (Walk / Run)	D of B *	FEES DUE	
						£	
						£	
						£	
						£	
						£	
						£	
						£	
						£	
						£	
						£	
TOTAL <u>Cheques (by 24/04/09) should be made payable to The Rotary Club of Saxmundham & District</u>						£	

* Date of birth only required for entrants competing in the 6 miles run "Age 12 or under Rotary Shield" or the 26 miles "Over 45 Trophy" (as at 2/5/09).
26 miles, red route, start time Walkers 8.00 am / Runners 10.00 am. Entrance fee £12.
13 miles, yellow route, start time Runners 10.15 am. Entrance fee Adult £7, under 15's £3
6 miles, blue route, start time Runners 10.20 am. Entrance fee Adult £7, under 15's £3
13 / 6 miles Walkers start at 10.30 am

Please note
ALL courses
will be
closed at
4.30 pm

Entrance fees on the day will be: - 26 miles £15, 13 / 6 miles Adults £10 & under 15's £5
 Please note team entries must be pre-booked and cannot be accepted on the day.

ENTRANT / DONATION CARDS WILL BE FORWARDED TO THE NAMED CONTACT FOR DISTRIBUTION TO INDIVIDUALS

Please return this form fully completed and signed together with your remittance before 24/04/09 to:
The Registration Officer, The Steading, Dennington, Woodbridge, Suffolk, IP13 8AN

On behalf of the above named individual (s), club or organisation I agree to pay 25% of sponsorship monies raised to The Rotary Club of Saxmundham & District by 31/07/09.
 I also accept on behalf of the above named entrants their agreement to the disclaimer detailed below.

Signed..... Dated.....

Please print name.....

"Participants are reminded that this event takes place over both public and privately owned land and the Rotary Club has no control over the suitability of the ground conditions either for walking or running and all participants are advised that they enter this event entirely at their own risk. Further, the Rotary Club of Saxmundham and District accepts no responsibility whatever for death or personal injury to participants, spectators or others or for loss or damage to their property, howsoever caused."

*This year.....
we're supporting.....*



Hearing Dogs
for Deaf People

Registered Charity
Number 293358