

Worthing Splash Point 5K

Presented by Worthing Rowing Club, Marine Parade BN11 3PN

Sponsored by

Guildbourne Printing 01903 230572 gps@print-services.co.uk

Wednesday 22nd April 2015

Start 7.30pm

An evening race over a measured flat 5 kilometre course.

Along Worthing Seafront

The concept: run as a team, or if you wish individually. There is no limit to the number of runners in each team, but only the fastest four runners for each team count. The team with the lowest combined time for their first four runners wins the category, as does the fastest individual. The categories are listed below:-

- Women's Team
- Men's Team
- Individual Male
- Individual Female

Entries to: John Winter, 74 Princess Avenue, Worthing, West Sussex BN13 1AR

Entry fee £4.00 for each runner made payable to: Worthing Rowing Club – to be received by Monday **13th April 2015**.

Late entries (on the night) £5.00

For administration purposes it would be convenient if team managers could return one list (PTO) and cheque with their team.

Numbers: Will be issued on the evening, available from 6.15 pm, please ensure you allow enough time to collect your number before the race starts.

Prizes: 1st prizes for the above categories.

Prize giving: Is planned for the same evening in the clubhouse at **Splash Point Marine Parade BN11 3PN**.

Results: www.worthingrowingclub.com

Refreshments and changing facilities will be available before and after the event at the clubhouse.

INDIVIDUAL ENTRY FORM (Team entry overleaf)

To: **John Winter, 74 Princess Avenue, Worthing, West Sussex BN13 1AR**

NAME: _____

ADDRESS: _____

TELEPHONE: _____ SEX: M / F AGE: _____

Amount enclosed £ Cheques made payable to Worthing Rowing Club

Declaration:

All competitors should be medically fit to compete, and understand that they enter at their own risk. The organisers will, in no way, be held responsible for any injury or illness to any person during or as a result of the event, or for any property lost on the course, in the changing rooms or in the vicinity of the course.

I hereby declare that the above information is correct and accept the terms of the competition.

Signature _____ Parents/Carers under 18's Signature _____ Date: _____

TEAM ENTRY FORM

To: **John Winter, 74 Princess Avenue, Worthing, West Sussex BN13 1AR**

NAME OF TEAM: _____

TEAM ORGANISER: _____

ADDRESS: _____

TELEPHONE: _____

TEAM MEMBERS (Including team organiser)					
	SURNAME	FIRST NAME	SEX	AGE	ENTRY FEE
1.					
2.					
3.					
4.					
5.					
6.					

Amount enclosed £ Cheques made payable to Worthing Rowing Club

Declaration:

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Signature _____ Parents/Carers under 18's Signature _____ Date: _____