



5th July 2008

Affiliated entries £11.50; Unaffiliated entries £13.50

Surname	Address
First Name	
Date of Birth*	
Gender	
Club	
Registration Number (UKA affiliated)	Postcode
Team Name	Contact Number
Estimated Finish Time	Half Marathon PB
Email	

* Competitors must be 17 on or before 5th July 2008

Declaration: A signed entry form will be considered as an acceptance of governing body rules and a declaration that you will compete on foot and run entirely at your own risk. No accompanying dogs or following cycles allowed.

The race takes place along a canal towpath. By signing this form you also confirm that you are able to swim at least 100 metres.

I enclose a large SAE and cheque payable to 'Row Ahead' for £_____

Signed_____ Date_____

The race is being organised to raise money for Macmillan Cancer Support & The Anthony Nolan Trust. Would you like to receive a sponsor form and fundraising pack along with your race information? **Yes/No**

Where did you hear about the race?

Do you have any medical conditions or allergies we should be aware of? **Yes/No**
If Yes please give details overleaf.

Please ensure that you have filled in your estimated time as accurately as possible, as the race will be started in waves according to your pace. Is there anyone else taking part that you would like to run with? **Yes/No**
Please state their name(s) overleaf. If you state different times you will be placed in the slower wave.

Data protection – tick if you **do not** want your details to be passed on to other organisations (such as the race photographer)

Web:www.bbchm.co.uk Mail:BBCHM, 26 Quayside, Hockley, Birmingham B18 5SQ Email:mail@bbchm.co.uk Tel:07734 433 505



B
Bannatyne's Health Club
www.bannatyne.co.uk



SIS
SCIENCE IN SPORT
leaders in sports nutrition
www.scienceinsport.com