



Multiple Sclerosis Society

# The GRC/MS Rowathon Beau Sejour Leisure Centre - Sunday 3 Feb 2019

This event is organised by GRC members under the aegis of the Guernsey Multiple Sclerosis Society.

## ENTRY FORM

**TEAM NAME** .....**TEAM CATEGORY** (see note below).....

**COMPANY/SCHOOL/CLUB NAME** .....

Captain's name .....

Mobile no ..... Email .....

Start time: 11.00

Registration time: 9.30 to 10.15am

Rower 1 name ..... Email.....

Rower 2 name ..... Email.....

Rower 3 name ..... Email.....

Rower 4 name ..... Email.....

Rower 5 name ..... Email.....

Rower 6 name ..... Email.....

**TEAM CATEGORIES:** Men's, women's, mixed (3 men, 3 women)

Junior men, Junior women (junior categories: minimum age 16 years up to 21 and under)

**RACE DISTANCE: 30 K. INDIVIDUAL DISTANCE: 5K IN 1K STINTS**  
**IN STRICT ORDER OF ROTATION.**

**Registering your team commits you to raising £300 minimum sponsorship, which also covers registration costs. Get your company involved to match fund and make it easier.**

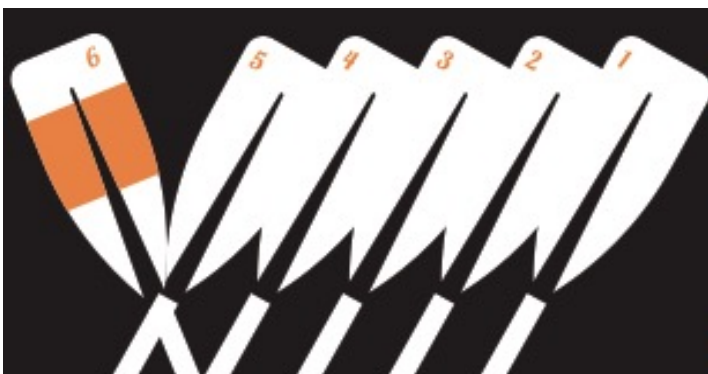
EMAIL THIS APPLICATION TO: [markrw555@googlemail.com](mailto:markrw555@googlemail.com) no later than Jan 24.

OTHER FORMS: 1) RACE RULES, 2) MEDICAL DISCLAIMER\*, 3) SPONSORSHIP FORM

\* Must be signed by all competitors in order to compete and brought for team registration on the day of competition. SPONSORSHIP MONIES: Cheques should be made payable to The Guernsey MS Society.

Email this form to: [markrw555@gmail.com](mailto:markrw555@gmail.com) or post to arrive no later than Jan 24:

Mark Windsor, Flat 6, Mont de Val, Upper Vauvert, St Peter Port GY1 1 NJ



# 6th Annual MS Rowathon



11am Sunday 3rd February 2019  
at Beau Sejour

## SPONSORSHIP FORM

Main Contact Name

Team Name

Telephone Number

If 16 years old, parents or guardian signature

Sponsor's Name

Amount

Paid?











































Minimum sponsorship to be raised per team £300

Total sponsorship raised £

Please bring all your sponsorship money on the day. Cheques should be made payable to **Guernsey MS Society**.

Get rid of some of that Xmas Fat. Have fun raising money for the Guernsey MS Society. This popular annual event is achievable for reasonably fit people. Great fun as team members egg each other on.

Teams of 6 invited from sports and social clubs.

**Distance:** 30km - 5km per person, in 1km relay stints.

**Race categories:** Men's, women's, mixed (three male/three female). Minimum age: 16 years.

By entering, your team commits to raise £300 or more for the MS Society (£50 per person). Combine it with match-funded employer sponsorship to give more help to MS sufferers.

**The Guernsey MS Society 2018 Rowathon** - Beau Sejour concourse. Registration from 9.45 - 10.15am. See Guernsey MS Rowathon Facebook page.

Registration, rules, application and sponsorship forms download from:

[www.guernseyrowingclub.org/gg](http://www.guernseyrowingclub.org/gg)

[www.guernseymms.com/diary-and-events](http://www.guernseymms.com/diary-and-events)

or contact Mark Windsor: [markrw555@gmail.com](mailto:markrw555@gmail.com). or by mobile: 07911 744 213

The MS Rowathon Beau Sejour Leisure Centre - Sunday Feb 3, 2019

This event is organised by Guernsey Rowing Club members under the aegis of Guernsey Multiple Sclerosis Society.

## Disclaimer

IMPORTANT! Team captains, please ensure team members read this before completing and signing this form. Please bring this form to the event. Entrants will not be allowed to compete without signing the disclaimer.

### Medical Conditions

If you have suffered/are suffering from any medical condition (for example a heart condition, asthma, epilepsy) or are concerned about your health and fitness level, please seek advice from your General Practitioner and provide us with a doctor's certificate before taking part in the event.

By signing below, I acknowledge and agree to the following:

- I am at least 16 years of age.
- I take part in this event at my own risk and understand the nature of the activity and the risks involved including possible injury to myself and/or damage to my property. It is my responsibility to ensure that I am insured if necessary and sufficiently fit to take part in this event and if I am in any doubt about this I will seek advice from my own General Practitioner before taking part in the event.
- I release The Guernsey Multiple Sclerosis Society and The Guernsey Rowing Club and their volunteers from any liability for personal injury, death, loss, property, claim or damage suffered by me or any other person during or as a result of my participation in the event unless The Guernsey Multiple Sclerosis Society, the Guernsey Rowing Club or their volunteers have caused the injury, death, loss, claim or damage as a result of their negligence.
- Use of Photos The Guernsey Multiple Sclerosis Society have my approval to use my photo in any promotional material in relation to this and future MS events

Team Name ..... Date .....

Captain's name/contact details .....

Rower 1 Signature .....

Print name.....

Rower 2 Signature .....

Print name.....

Rower 3 Signature .....

Print name.....

Rower 4 Signature .....

Print name.....

Rower 5 Signature .....

Print name.....

Rower 6 Signature .....

Print name.....

Important. This form must be signed by all team members on the day of the event and brought to registration.