

The RED DRESS WALK/RUN 2009

Please complete in **BLOCK CAPITAL LETTERS.**

Send it to **The RED DRESS WALK/ RUN,**
Sam Marsh, Les Hubits , St. Martin, GY4 6NE

Or hand it in at Beau Sejour

All entries must be in by Saturday 12th September 2009

Surname:		Forename:	
Address:			
		Post Code:	
Telephone Number:			
Age on race day:		Sex	M F

Team Name			
Walker		Runner	

Disclaimer.

I understand that this is a run using some of Guernsey's busy roads.

It is hereby noted and agreed that the organisers and sponsors accept no liability in respect of any loss, damage or injury sustained from any cause whatsoever in respect of the event **The RED DRESS WALK/RUN**. I, the participant, agree not to hold the organisers personally liable for any loss, damage or injury sustained in my participation of the event.

I have read and understood the above Disclaimer

Signed

Date:

Please enclose entry fee of £5 per competitor

(Cheques made payable to **The Guernsey Cardiac Action Group (RDR)**)

*Remember to read the pre-event advice again, there will be a get together after the event, also **Healthy Hearts Day** is happening at Beau Sejour.*

Please feel free to copy this sheet if you need any more Entry Forms.