

8th Annual

# MS Rowathon

11am Sunday 7th Feb 2021

at Beau Sejour

## ENTRY FORM

Team Category (see note below)

Company / School / Club Name

Captain's Name

Mobile

Email



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

**Start Time:** 11.00am

**Registration Time:** 9.30am to 10.15am

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.**

### 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 Team Distance:

30k.

### Race Individual distance:

5k in 1k stints.

In strict order of rotation.

Rower 1 Name

Rower 2 Name

Rower 3 Name

Rower 4 Name

Rower 5 Name

Rower 6 Name

Email

Email

Email

Email

Email

Email

**Email or post this application to:**

markrw555@googlemail.com

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

To arrive no later than 25th January 2021.

**Other forms available online:**

1) Race Rules, 2) Sponsorship Form 3) Medical Disclaimer (must be signed by all competitors in order to compete and brought for registration on the day of competition).

**Sponsorship Monies:** Cheques should be made payable to The Guernsey MS Society.