

8th Annual

MS Rowathon

11am Sunday 14th Nov 2021

at Hougue du Pommier



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

**NEW VENUE - The Indoor Fitness Centre,
Hougue du Pommier, Castel.**

ENTRY FORM

Team Category (see note below)

Company / School / Club Name

Captain's Name

Mobile

Email

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@gmail.com

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

To arrive no later than 29th October 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.