

Main Contact Name

lf 16 years old, parents or guardian signature

Telephone Number

Team Name

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.

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 2021 Rowathon - The Indoor Fitness Centre, Hougue du Pommier, Castel. Registration from 9.45 - 10.15am.

See Guernsey MS Rowathon Facebook page.

Registration, rules, application and sponsorship forms download from: www.guernseyrowingclub.org.gg

www.guernseyms.com/diary-and-events

or contact Mark Windsor: markrw555@gmail.com. or by moblie: 07911 744 213