



## 5K Entry Form (1 entry form per entrant)

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Name: -----

Gender: Male / Female      Age: -----  
(Circle appropriate)      (5K Advised min. 12 years)

Home Address: -----  
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Address in Cornwall: -----  
(If different from above) -----

Email Address: -----

Please tick here if you would like to receive Rugged Interactive's newsletters:

Next of Kin: -----

Contact Number: -----

Any pre-existing medical complaints: -----

5K Entrant Paid £6?    Y / N

**PLEASE leave this part with the organisers**

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**Take this part away with you**

**The Fowey 5K on Friday 18th August 2023, will start at 10:30am.**

Registration will be open from **9:00am** – **PLEASE** do not leave it too late to sign in!

Please be aware that the 5K course is both on and off road, has some climbs and may be slippery. There are no drink stops. You should consult your doctor if you do not already take regular exercise and **be aware of your own limitations**. Stop and ask for assistance if you feel unwell. We will wait for all finishers, but if you have to stop – **PLEASE** tell a marshal – who will be spread around the course.

Registration and start will be at **Readymoney Beach**.

**NOTE:** T-shirts will be given out on a first come, first served basis.

**Rugged Interactive**

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