

The POWICK PLOD

In Memory of Paige Phillips

5 Mile Run or 2.5 Mile Walk

Registration fee

£10 per family. Please make cheques payable to **"Friends of Powick School"** and return to:

Sue Broughton
"The Plod"
Powick C of E Primary School
42 Malvern Road
Powick
Worcester
WR2 4RT



Runners

Title Name Date of birth

Title Name Date of birth

(All runners must be 16 or over. The course is not suitable for wheelchairs on the grounds of safety)

Walkers

Family Name Number in Party (max 5)

All Participants

Address

Postcode Contact telephone number

If you are happy to be contacted by email please tick the box and provide your email address

Email address

Declaration

For runners, I will be over 16 on race day.

For runners and walkers, I/we accept that the organisers will not be liable for any accident, injury, damage, action, claim, loss, cost or expense which may arise or be suffered as a consequence of my/our participation in this event except that nothing in this declaration shall exclude the organiser's liability for death or personal injury caused by their negligence.

I understand the organisers reserve the right to delay, postpone or cancel the run/walk in the event of adverse weather conditions or other events outside the organisers' control. I/we will not compete in this race unless I/we am/are fit enough to run and in good health on the day. I/we compete at my own risk.

Signature of runner or lead member of family

(must be parent or guardian if under 18)

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www.theplod.powickparish.org.uk

Date:

01905 830787