



**mind your head**  
**Round Spiggie Fun Run**  
 Sunday 9 August 2009  
**Registration Form**

<b>Your contact details</b>	
Name	
Address	
Postcode	
Phone (day)	Phone (eve)
Phone (mobile)	Date of Birth
Email Address (if available)	

<b>T-shirts</b>																							
Please indicate size required	<table style="width: 100%; text-align: center;"> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>35"-37" Small</td> <td>38"-40" Medium</td> <td>40"-43" Large</td> <td>44"-46" Xlarge</td> </tr> </table> <table style="width: 100%; text-align: center;"> <tr> <td>Child Sizes:</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>(Age)</td> <td>1-2</td> <td>3-4</td> <td>5-6</td> <td>7-8</td> <td>9-11</td> <td>11-13</td> </tr> </table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	35"-37" Small	38"-40" Medium	40"-43" Large	44"-46" Xlarge	Child Sizes:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(Age)	1-2	3-4	5-6	7-8	9-11	11-13
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<b>5k / 10k</b>	
I wish to take part in the 10k	<input checked="" type="checkbox"/>
I wish to take part in the 5k	<input type="checkbox"/> (transport will be made available to the half way point)

<b>Run / Walk</b>	
I intend to run	<input checked="" type="checkbox"/>
I intend to walk	<input type="checkbox"/>

<b>Children (please remember to register children under the age of 12 years)</b>	
Name	Age
Name	Age
Name	Age
Name	Age

<b>What to do next</b>
<p>Complete all sections of this form and post to;</p> <p>Mind Your Head          c/o Julie Halcrow          Ocrquoy,          Cunningsburgh,          Shetland ZE2 9HA</p> <p><b>along with the £10 entry fee (if applicable) by Monday 20 July</b></p>

Thank you for taking part in this event and we hope you have an enjoyable day.

**Pledge**

I acknowledge that I participate in this event at my own risk and that MYH cannot be held liable for any injury, loss or damage caused or sustained as a result of my participation.

.....  
 Signed

.....  
 Date