



Sunday October 21st 9.45am.

Registration form

Name: _____	
Address: _____	
County: _____	Country: _____
Email: _____	Telephone: _____ Emergency Contact Number: _____
Date of Birth (D/M/Y): ___/___/___	Sex: Male/Female (circle)
Club/Fit4life Group: _____	Are you a wheelchair Athlete: Yes/No (circle)
Are you running for a charity? If yes which charity? _____	
Preferred T-Shirt Size (please tick): Female-Size 8 <input type="checkbox"/> Female-Size 10 <input type="checkbox"/> Male-small <input type="checkbox"/> Male- Large <input type="checkbox"/> Female-Size 12 <input type="checkbox"/> Female-Size 14 <input type="checkbox"/> Male- medium <input type="checkbox"/> Male- x-large <input type="checkbox"/> <i>Please note: T-shirts will be issued on a first come basis. Requested sizes are not guaranteed.</i>	
Where did you hear about the event (please circle)? Web Google Facebook Newspaper Running Club Radio Friend School/College Work Other _____	
Fee Enclosed € _____ Cheque ___ Postal Order ___ Important: By signing this entry form I acknowledge that I have read the Terms and Conditions of Entry (see below) and Hereby agree to abide by them. Signed: _____ Date: _____ Please return to: Leisureworld Rebel Run, Cork Sports Partnership, Yeats House, Barrack Square, Ballincollig, Co Cork. Postal Entries Deadline is close of business October 12th 2012.	
Sign in will take place in Leisureworld Bishopstown during the following times & dates prior to the event on October 21st: Thursday 18th & Friday 19th between 5pm and 8pm and Saturday 20th October between 12pm and 7pm. You will pick up your goody bag, technical running T, timing chip and race number here.	



Terms and Conditions of Entry

- All participants are responsible for their own safety and all entrants participate at their own risk.
- I understand that I take part entirely at my own risk and that the Leisureworld Rebel Run event organisers and sponsors will not be liable for any injury that may occur to me during this event.
- **No ear phones to be worn by runners.**
- All participants must obey the rules of the road, or obey the instructions of the Gardai, Irish Red Cross and event marshals at all times.
- If you have not participated in physical activity for some time or if this is your first 10k please consult your GP before embarking on a training programme or participating in the event.
- I confirm that I DO NOT have any medical injuries or conditions that could prevent me from taking part in the event.
- Participants must sign in prior to the event at the times indicated upon registration.
- One water stop will be provided at the half way point of the route and at the finish line.
- Parking will be available for all participants at CIT/Leisureworld Bishopstown on the morning of the event.
- First Aid will be provided by the Irish Red Cross on the day.

Please note- Registrations will only be accepted subject to availability (max 750 participants) and on a first come first serve basis.



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