

## Conditions of entry.

£160 per team entry fee (inc. T shirt, food and drink).  
Each team member must agree to raise a minimum of £30 in sponsorship for Strathcarron Hospice.

I enclose the sum of £160 (team of 8 entry fee)   
(cheques made payable to Strathcarron Hospice please)

### Debit/Credit Card payments

Please debit my:  Visa  Switch/Maestro  Mastercard  Delta

Card No.....

Name on Card.....

Valid From.....Expires End / Issue No.....

Switch Issue No.....Security Code No. ....

### Team T-shirt Sizes

Small x..... Medium x..... Large x..... Extra large x.....

Please send your completed form (one per team) to:

**Strathcarron Hospice**  
**Randolph Hill**  
**Denny**  
**FK6 5HJ**

**Tel. 01324 826222**  
**Email jim.brown1@nhs.org**

Regd. Charity No SC006704

# Strathcarron Hospice

brings you

**GRAHAM FISHERS**  
*International*  
**It's a KNOCKOUT**



## Sunday 28th August 2011

at

**The Scottish Police College**  
**Tulliallan, Kincardine**

## What do we need to enter a team ?

All you need is 8 people to make up a team, but they must be 16 years or over although there`s no upper age limit ! Team members should be reasonably fit and healthy, and be prepared to get a little bit wet..... Also please understand that as with all physical activity, there is a risk of injury and remember that warming up is very important.

### What do I wear ?

We would suggest shorts and trainers; we will supply you with your t-shirt with your team name on the reverse, **however**, we strongly recommend that you bring a couple of towels and a complete change of clothing as you WILL get wet !

Please leave all your jewellery and valuables at home, and if you have any body piercings, it may be advisable to either remove them for the day, or cover them with a plaster. Also try to protect your skin with suntan lotion and drink plenty of water (we`ll supply that for you !)

**From here on in, it`s FUN FUN FUN**  
(and **WET WET WET !**)

You can also enter online via our website..

**[strathcarronhospice.org](http://strathcarronhospice.org)**

Just click on the link on the homepage, where you can either download the entry form, or enter via our secure payment site.

*Did we mention you`ll get a wee bit wet ?*

**Team Name**.....

Team members names, addresses & contact numbers

**Captain**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**Please advise of any medical conditions**