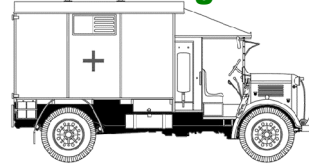


**Runners Registration
Form.**

"Worth Waiting For"



Friday 17th September 0600 hrs

Ice Cold in Alex Run 2010

Name	
Sex	
Year of birth	
Nationality	
E-mail address:	
Mobile No:	
Emergency Contact:	
T Shirt Size (M L XL)	

Your entry for this run will only be confirmed if this form is filled out, printed off and given/sent to Andy Davidson at New Cairo British International School along with the registration fee of 450 LE.*

(* Includes run number, medal, run t-shirt, initial first aid support, possible water stations (start, 5 miles, 10 miles and finish), back up vehicles and (possible) subsidized meal at evening award ceremony Friday night.)

Travel and accommodation arrangements the responsibility of the runner. Route details to follow.

Last day for registration Thursday 29th April

Please note: This is not an official run and you run (with us) entirely at your own risk!