

LANDS END  
TO  
JOHN O'GROATS

LANDS END  
TO  
JOHN O'GROATS

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LANDS END  
TO  
JOHN O'GROATS

.....BEAUTIFULLY  
**BRUTAL**

LANDS END  
TO  
JOHN O'GROATS

LANDS END  
TO  
JOHN O'GROATS

If you are showing any symptoms of COVID-19 please do NOT take part in the event.  
Please see race day information in your race day email or on our website for more important information about helping to make this event Covid safe.

## EMERGENCY INFORMATION

Name .....	Next of Kin - (Who can be contacted of the day of the event)
Date of Birth .....	Name .....
Home Address .....	Contact Number .....
.....	Alternative Number .....
Do you have a medical condition. Eg diabetes, epilepsy, asthma? .....	Is anyone with you today? (If different to above) YES NO
Details of any medication you are currently taking. .....	Name .....
.....	Mobile Number .....

Ensure your number is clearly visible on the front of the torso, is unaltered and unmodified (Do not fold or wrinkle). Pin your number in all four corners and do not cover with jackets, belts or bottles etc. IF YOU HAVE NOT UNDERTAKEN AN EXERCISE PROGRAMME BEFORE, OR FOR SOME TIME, YOU ARE STRONGLY ADVISED TO CONSULT YOUR DOCTOR FOR A CHECK UP BEFORE YOU START TRAINING

### **15% OFF AT RUN NORTH WEST**

THIS RACE NUMBER GIVES YOU 15% DISCOUNT ON FULL PRICED ITEMS IN-STORE AT RUN NORTH WEST WITHIN 1 MONTH OF THE RACE AND ONLINE USING DISCOUNT CODE RNW15 PRESENT THIS NUMBER TO A MEMBER OF THE TEAM TO RECEIVE YOUR DISCOUNT.

2 St Ann's Parade | Wilmslow | Cheshire | SK9 1HG | [www.runnorthwest.co.uk](http://www.runnorthwest.co.uk) | Wilmslow 01625 528887  
Monday-Saturday 9:30am-5:30pm & Sunday: 11:30am-4:30pm

