

## The Rame Raid 2018

### ENTRY FORM

Name.....

Male/Female.....

Age, July 2018.....

Email.....

Mobile Number.....

Single Kayak Double Kayak Triple Kayak SUP Own Equipment

(Please circle one above)

Please return entry form and fee £15 per person to :-

Marine Bazaar, Sutton Road

Plymouth. PL4 0HE

Text 07814 226892

Cheques payable to Marine Bazaar

Credit/Debit Cards welcome

NUMBERS LIMITED TO 50. Book Early

Entry will be confirmed by Email only

Supported Charity

S.W. Coast Path Association

## The Rame Raid 2018

Thursday 5<sup>th</sup> July, 6pm briefing/Start

10K Race (6K running, 4K Paddling)

The race starts on Cawsand beach (Grand Prix) dash to kayaks/sups. Paddle 2Km to Penlee Cove, then run along coast path 3Km to Rame Head Chapel, pick up token and return to the boats, race back by kayak/sup to the finish on Cawsand Beach



Supported Charity

S.W. Coast Path Association