



Banham Community Centre 'Keep it up for a mile' entry form.

Team Name.	Preferred start time: 7:00 7:30 8:00 8:30 9:00pm
Contact Name.	
Tel No.	
Email.	

Please hand form in at the Community Centre Bar or at Banham Post Office or email details to adam@adampower.co.uk.

Date 19 March 2010.

Entry fee £5.00 each adult. £1.00 each child payable on the night. Sponsorship forms can be downloaded from www.sportrelief.com.

Teams of 4-6 players (note that fewer players means you have to run faster). 80 circuits of the net.

Some racquets will be available to borrow, but bring as many as you can. Shuttles supplied.



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