



**PERRANPORTH SLSC want to take a BIG team of  
YOUTH, SENIORS & MASTERS  
to the  
CORNISH STILLWATER FROSTBITE CHAMPS 2014  
at St Ives Pool  
Saturday 22nd March 2014  
4.00 - 8.00pm**

Races include  
75m Manikin tow with fins, 75m Manikin carry with fins,  
4 person x 25m Manikin Relay, 4 person x 25m Medley relay

The competition is run by Surf Life Saving Cornwall

You must be paid up members of Perranporth SLSC for 2014 to compete

**Entry fee is £5 for as many races as you like. This event is awesome!**

Yes please ! I would like to enter

Name:.....D.O.B:.....

**Category: please circle your category**

**Youth 16yrs:** minimum age 13 (born 2001) and aged under 16 on 31<sup>st</sup> December 2013

**Open :** aged under 30 on 31<sup>st</sup> December 2013

**Masters:**aged 30+ this year

Parent's name (if Youth):.....

Parent's Signature .....Parent's contact number.....

**Please return this form with £5 Entry Fee to Simon Boyle  
BY THURSDAY 13<sup>th</sup> MARCH  
NO LATE ENTRIES, NO ENTRY WITHOUT £5 FEE !**

We really need several volunteers to help timekeep, parent's can you help ?  
Yes please, I would love to help !  For more info email [simon.boyle@perranporthslsc.org.uk](mailto:simon.boyle@perranporthslsc.org.uk)