

St Michael's Hospice  
**It's a Knockout**



## Terms and Conditions

- Teams are encouraged to wear team colours or fancy dress; T-shirts are available from the Hospice at £6 each.
- The deposit fee of £15 per person is non-refundable.
- If there are any changes to the team membership, St Michael's Hospice **MUST** be informed by the 13th June.
- All team entries must be received by the 11th June.
- All team members must fill in and sign their own details and medical declarations.
- Participants are responsible for their own medical conditions. Should there be any doubt about your ability to compete you must consult your doctor prior to signing up for the event.
- You are entering It's a Knockout entirely at your own risk and agree that St Michael's Hospice shall not be held liable in any way for any injury that may occur as a result of your participation.

**Please send your completed forms to:**

**It's a Knockout**  
**St Michael's Hospice**  
**Bartestree**  
**Hereford**  
**HR1 4HA**  
**Tel: 01432 851000**  
**Email: [kfarmer@st-michaels-hospice.org.uk](mailto:kfarmer@st-michaels-hospice.org.uk)**  
(Registered charity No. 511179)

Please make cheques payable to St Michael's Hospice.  
You will receive written confirmation of your entry by post.

Kindly supported by;



BAR & FUNCTION ROOM  
07813331456

# GRAHAM FISHERS *It's a* **KINOCOCKOUT**

In aid of St Michael's Hospice, Hereford



Sunday 20th June 2010  
Registration and briefing - 10.00am  
Event start - 11:00am  
The Rowing Club, Hereford  
Greyfriars Avenue, Hereford, HR4 0BE

# As seen on TV

Fun for friends, family and work colleagues!



For the very first time St Michael's Hospice is holding an It's a Knockout competition at the Hereford Rowing Club.

Based on the popular TV programme, teams will compete against each other to win the title of:

## 'St Michael's Hospice It's a Knockout Champions 2010'

This event promises to be a fantastic day out for all competitors but for spectators too as they watch you scale and fight against three metre high inflatable characters and conquer water pools! So why not get involved in raising money for St Michael's Hospice in a team building day with a difference.



### How to enter a team

We are looking for teams of 8-10 people to join in the fun and raise as much sponsorship money as possible. The minimum age for team members is 16 years of age. If you are 16 to 18 then written parental consent must be given. There is no upper age limit, however entrants must be reasonably fit and healthy and prepared to get wet! Alternatively if you'd like to enter but don't have a team please contact the Hospice Events Team.



### Entry fees

The cost to enter is £15 per person which is required to be paid at the time of booking along with a promise to raise a minimum of £35 each in sponsorship which can be paid on the day.

## T-shirt Order form

The T-shirts are of good quality cotton with 'St Michael's Hospice It's a Knockout' logo on the front and your team name printed on the back. T-shirts cost £6 each.

Please enclose payment for T-shirts on a separate cheque with your team's deposit.

(Please make cheques payable to St Michael's Hospice)

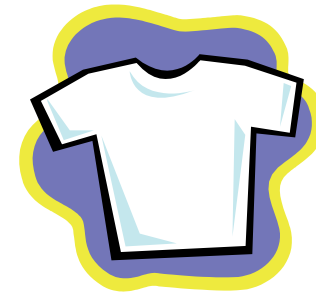
### Colours available

Black, White, Red, Yellow, Blue, Green, Orange or Purple  
**(Please circle the colour you require)**

If you would like a particular shade of one of the above colours please contact Katie Farmer on 01432 851 000 to discuss.

### Quantity

Small .....  
Medium.....  
Large.....



### Amount Enclosed:

(Just for the T-shirts).

### Team Name:

Team leader:

Contact No.

Please note: If you are ordering T-shirts please have your entry deposit and T-shirt monies in by the **28th May 2010**.

### Payment by Credit / Debit Card

Please debit my MasterCard / Visa Credit or Debit / Maestro / Solo Card No:

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Start date: □□-□□ Expiry date: □□-□□ Maestro Issue No.: □□

Security No.: □□□ (Last 3 digits on the signature strip)