

Plymouth Lonely Rock Race 2021 Competitor Information

Crew details	Boat Name / Sail No			
Full name (as on Passport)			Age	
First name / Last name				
Address				
Phone		Mobile		
email				
website		facebook		
Shore Contact Name			Relationship	
Address				
Phone		Mobile		
email				
Date : First Aid Trained		Offshore Safety Trained		
Personal AIS MOB make type		MMSI		
Personal Locator (PLB) make type		Hex id		
Tshirt size (for race top)				

Information use :

For race programme and publicity

For RWYC and emergency services

Documents required (send photo/scan image by email) :

Medical Training Certificate (if you have OSR training)

Offshore Personal Survival Training Certificate (if you have OSR training)

PLB Registration Certificate(s) (if you have your own PLB)