

COBRA

Running and Triathlon Club

Couch to 5K Application Form

Surname:..... First name:

Address:.....

.....

.....

Date of Birth:..... Gender: Male/Female (delete) Ethnicity

Tel. (daytime):.....Tel. (evening):.....

Mobile:.....E-mail address:* *

**** Please write clearly and as it appears, as your email address will be used by Cobra for relaying important information to you.**

Data Protection: I understand that this information will be stored electronically and will be used for club purposes only. Information will not be passed to any other third party without my permission.

Please list below any disability or health issues we should know about:

.....

Please give your reasons for wanting to participate:

.....

What is your current fitness level/ability, e.g. absolute beginner, jog a little, run short distances a couple of times a week etc

.....

Disclaimer: I agree that by joining the Cobra Running and Triathlon Club "Couch to 5K" programme that I will participate in club activities entirely at my own risk, and that Cobra Running and Triathlon Club will not be held responsible for any accident or injury sustained by me.

Signed:..... Date:.....

For Club use only:

Date received: Fees received: £

Date Membership Card and welcome leaflet sent:

www.cobrararc.co.uk