

COBRA

Running and Triathlon Club

Couch to 5K Application Form 2019

Surname:.....First name:

Address:.....

.....

.....

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

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

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

Next of Kin – Name.....Tel:

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

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

.....

Cheques should be made payable to Cobra RC and posted to

Steve Tustin, 15 Red Leasowes Road, Halesowen, West Midlands, B63 4SF.

You can also pay by bank transfer using the account details below

Bank – TSB, Sort Code 30-93-75, Account – 01041890.

Please use C25K+NAME as the payment reference

Registration fee of £20.00 MUST be received by 30th Jan 2019

If you decide to make payment by bank transfer, please send an email to Steve Tustin to let me know that this has been done. [Click here to send email.](#)

www.cobrararc.co.uk

COBRA

Running and Triathlon Club

Please forward any queries or replies to Steve Tustin:
stevetustin@hotmail.co.uk

[**www.cobrarc.co.uk**](http://www.cobrarc.co.uk)

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Data Protection

The information which you provide as part of this membership application and as a member in the future will be stored electronically and will be used for club purposes, local, regional and national affiliations only. This information will not be passed to any other third party, apart from England Athletics (see below), without your permission.

Data Sharing

Apart from those members who have declared themselves as non-running members, when you become a member of, or renew your membership with, Cobra Running and Triathlon Club you will automatically be registered as a member of England Athletics. Cobra Running and Triathlon Club will provide England Athletics with your personal data which they will use to register you as an affiliated athlete and enable access to an online portal for you (called myAthletics). England Athletics will contact you to invite you to sign into and update your MyAthletics portal (which, amongst other things, allows you to set and amend your privacy settings). It is vital, therefore, that a valid email address is given, so that you can ensure that your data is correct and so that you can set your own privacy settings, as well as enjoy the full range of benefits that England Athletics affiliation offers.

Club Privacy Statements & Communication Preferences

Cobra Running and Triathlon Club take the protection of the data that we hold about you as a member seriously and will do everything possible to ensure that data is collected, stored, processed, maintained, cleansed and retained in accordance with current and future UK data protection legislation. The Club's Privacy Policy and Privacy Notice are available on the Club's website.

Please read the full Privacy Notice carefully to see how the Club may treat the personal information that you provide. The Club will take all reasonable care to keep your information secure and to prevent any unauthorised access or misuse.

For further information about the club's data protection and privacy policies, please visit the members' section on the website www.cobrararc.co.uk/privacy-policy

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