The following form is to register for the Abbey Runners Couch to 5k (C25K) course.

Please complete and return by email to: run@abbeyrunners.co.uk

For payment queries, please contact: treasurer@abbeyrunners.co.uk

1. **Personal Details**

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| **PERSONAL DETAILS**  |
| First name |  |
| Last name |  |
| Date of birth |   |
| **CONTACT DETAILS**  |
| Address |  |
| City |  |
| Postcode |  |
| Email |  |
| Mobile Phone No. |  |
| **EMERGENCY CONTACT DETAILS**  |
| Name  |  |
| Relationship |  |
| Mobile Phone No. |  |
| Other Contact No. *(optional)* |  |
| **MEDICAL DETAILS**  |
| Please detail any important medical information that the club should be aware of |  |

[ ]  It is my responsibility to ensure that my level of fitness and health is appropriate for the Abbey Runners session I am attending. Where necessary, I have consulted my doctor and gained their agreement to participate in the ‘Couch to 5k’ programme.

I understand and agree that I participate in any Abbey Runners event entirely at my own risk and neither Abbey Runners, the Abbey Runners management committee nor any individual will have liability or be responsible for any accident, injury, illness, damage or loss of any nature whatsoever except for death or personal injury caused by Abbey Runners' proven negligence.

[ ]  I am happy for photographs of club events in which I feature to be used on the club website and social networking sites.

[ ]  I agree to my contact details to be kept electronically by the club committee. I consent to receiving as appropriate club related communication relating to the ‘Couch to 5k’ programme only by email, telephone and post.

1. **Registration Fee**

The cost of the 10-week course is **£15**\*.

Please make payment by bank transfer with reference **“C25K - Surname -Year of birth”**

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| Bank: | **Barclays** | Sort code: | **20-48-42** |
| Account name: | **Abbey Runners** | Account no: | **93372464** |

\*Should you wish to join Abbey Runners as a member this £15 may be deducted from the membership fee.

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| Print Name (Athlete): |  |
| Signature: |  |
| Date: |  |

**Document revision history**

| Rev. | Date | Description of Change | Reviewer | Approver |
| --- | --- | --- | --- | --- |
| 01 | Feb 24 | New Document Created | A Ellis | J Smith |
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