

# POOLE JOGGERS (in association with POOLE ATHLETIC CLUB)



## COUCH TO 5k REGISTRATION FORM

### About You

<b>Surname:</b>		<b>First name:</b>	
<b>Home Address:</b>			
<b>Date of birth:</b>	<b>Phone:</b>	<b>Email:</b>	<b>T shirt size:</b>

### Emergency Details \*

<b>Name of contact:</b>	<b>Phone number of contact:</b>
<b>Give details of any medical conditions such as heart disease, epilepsy or diabetes:</b>	
<b>List any allergy details:</b>	

\* These details are for emergency only and will be kept in accordance with the General Data Protection Regulation

### Declaration

I am medically fit to run  Yes (tick)      I am 18 or over  Yes (tick)

(If you are in any doubt about your health, please contact your local doctor for advice or a check-up)

I agree that Poole AC may publish personal information as part of the results of the event and may pass such information to the governing body or any other affiliated organisation for the purpose of insurance, licencing or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, photos, race times, occupation and age category.

<b>Signature:</b>	<b>Date:</b>
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Please send your form and cheque for £20 (non-refundable), payable to Poole Athletic Club to  
C25K Poole Joggers, 8 Cockerell Close, Merley, Wimborne, Dorset BH21 1XT