

**Harlech Triathlon Club
COUCH TO 5K AND CLUB MEMBERSHIP 2020**



FULL NAME	
ADDRESS (including Postcode)	
EMAIL ADDRESS	
MOBILE NUMBER	
CONTACT IN CASE OF EMERGENCY	
WhatsApp Name (if you have one)	
GENDER	
DATE OF BIRTH	
YOUR MAIN GOAL THIS YEAR	

Additional Information – Please complete as relevant

Do you have any medical conditions or disabilities?	
Are you taking any medication?	

Do you have any injuries?	
Apart from anything specified, are you fit and well?	
What experience, if any, do you have of triathlon and running?	

Declaration:

1. I wish to become a member of Harlech Triathlon Club.
2. I agree to obey the rules and codes of conduct of the HarlechTriathlon Club, the British Triathlon Federation, race organisers and the clubs, leisure centres or venues the club may use.
3. I understand that members participate in all training sessions, races and other events at their own risk

Signed

(Over 16 signatures only – parent or guardian must sign on behalf of juniors)

Date

Please tick the box for your chosen membership category:

Couch to 5K – club membership plus 20 organised sessions and 5K event (£25)	
Adult (£15)	
Junior 15-18 years (£5)	
Marshal – requires a commitment to volunteer at one or more events (£5)	

Payment options:

PayPal using this link: https://paypal.me/harlechtriclub?locale.x=en_GB

Cash Payment to one of our club leaders

We offer Harlech Tri Club leisure and sports wear at cost price. This can be purchased from our web site www.harlechtriathlon.org.uk – click on the Hoodies and Ts button.

			
<p>Storm the Castle Hoodies £25</p>		<p>Technical T Red or White £15</p>	<p>Cotton T Red or White £12</p>