

# Volunteer Registration Form

About You (please use BLOCK CAPITALS – Thanks)

First Name	<input type="text"/>	Address Line 1	<input type="text"/>
Surname	<input type="text"/>	Address Line 2	<input type="text"/>
Home Tel	<input type="text"/>	Town/City	<input type="text"/>
Mobile No	<input type="text"/>	County	<input type="text"/>
Mobile No (on the day)	<input type="text"/>	Postcode	<input type="text"/>
Email Address	<input type="text"/>		

Are you staying in the area? Yes / No

If yes, please give details

Are you supporting someone? Yes / No

If yes, please give details

## A few more questions...

Preferred T-shirt Size: Small / Medium / Large / Extra Large

Do you have your own transport? Yes / No

Have you marshalled before? Yes / No

If yes, please give details

Do you have any physical disabilities/medical conditions we should be aware of? Yes / No

If yes, please give details

Do you have any dietary requirements or allergies? Yes / No

If yes, please give details

Do you know the area? Yes / No

If yes, please give details

Are you part of a group? Yes / No

If yes, What is the name?

**Are you Under 18? Yes / No**  
 If Yes please state age

We welcome your help. Please select which dates you are available:

### Pembrokeshire Events

- Long Course Weekend, Tenby:
- Thursday 4<sup>th</sup> July 2019
- Friday 5<sup>th</sup> July 2019
- Saturday 6<sup>th</sup> July 2019
- Sunday 7<sup>th</sup> July 2019

### Swansea Based Events

- Worms Head 10k: 3<sup>rd</sup> February 2019
- Mumbles Duathlon: 23<sup>rd</sup> March 2019
- Swansea Triathlon: 2<sup>nd</sup> June 2019
- Gower Triathlon: 31<sup>st</sup> August 2019
- Mumbles Triathlon: 28<sup>th</sup> Sept 2019

- Wales Triathlon, Fishguard: 8<sup>th</sup> June 2019
- Wales Swim Run: 27<sup>th</sup> July 2019
- Saundersfoot Triathlon: 14<sup>th</sup> Sept 2019

Location Codes (office use only)

Reference code