** Registration Form for Communicare in Southampton Charity Places 2021 Southampton ABP Marathon Sunday 5th September**

We’re delighted that you’d like to run for us.

We ask for a £10 registration fee and that you pledge to raise a minimum of £50 in sponsorship for the 10k and half marathon and a minimum of £60 for the full marathon in return for one of our places. We will give you a Communicare running shirt to wear.

When we receive your completed form and registration fee we will send you a link which you will need to use to register through the charity portal. You will not need to pay the ABP Marathon registration fee on their website when you register. (If you have already registered on the ABP page please contact us as we may be able to arrange to transfer your place.)

Why do we want a photograph? We would like a photo to use for our publicity such as posting team Communicare on our Facebook page. If possible we would like a photo of you running/in running kit, but any recent picture will do. Please email or phone Kate or Bryony if you have any questions.

**Please complete the information below**

**Basic information**

*We need this information to register you as one of our runners and send you information. We will not pass on your details to other organisations.*

|  |  |
| --- | --- |
| Name |  |
| Address |  |
| Phone number |  |
| Email (please print)  |  |
| Which race would you like to enter? | 10k | Half marathon | Full marathon |

**T-Shirt size. Please circle or highlight sizes required below:**

Unisex (Men’s)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Measurements | S | M | L | XL | XXL | 3XL |
| 1/2 Chest | 48cm | 51.5cm | 55cm | 58.5cm | 62cm | 65.5cm |
| Full chest inches (estimate) | 40in | 42-44in | 46- | 49 | 50 | 52 |

Ladies fit – shorter and more fitted (if you require larger than ladies XL please order unisex above)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| *Size* | XS | S | M | L | XL |
| *UK Dress Size* | 8 | 10 | 12 | 14 | 16 |

**A bit more information about you**

*We would like a little bit of information about you which we can use for our publicity including press releases. Please only give us information in this section which you are happy for us to use in publicity (including social media). If you have any questions about this please contact Kate or Bryony via the Communicare office.*

|  |  |
| --- | --- |
| How would you like your name to be used on our publicity e.g. David Smith or Dave Smith or just Dave |  |
| Date of Birth |  |
| Why would you like to run for Communicare in Southampton? |  |
| How long have you been running? |  | Have you entered a race of this length before? How many races? |  |
| What time are you aiming for? Are you hoping to run a personal best? |  |
| Do you like to listen to music when running? If so what? |  |
| Why did you take up running? Or what do you like about running? |  |
| What is your best or worst running experience that you are happy to share? |  |
| If you are, or have been, a volunteer for Communicare what is the best thing about volunteering with us? |  |
| Is there anything else you would like us to share? |  |

How to pay your registration fee

* Correct cash can be handed in to one of the Communicare offices (phone for details)
* Cheque – please make payable to ‘Communicare in Southampton’
* BACs – Communicare in Southampton, Acc No: 65819100 Sort Code: 08-92-99 please call it your surname and run e.g. Smith Run

**Please complete the following**

|  |  |
| --- | --- |
| I pledge to raise at least £50 (£60 full marathon) for Communicare in Southampton *(required)* |  |
|  |
| I will pay my £10 registration fee by *(required)* | Cheque | BACs | Cash (available to drop once the office is open more) |
|  |  |
| I give Communicare permission to use my photograph and the information I have provided in publicity. *(We will not give out your full date of birth, full address or contact details.)* |  |
|  |  |
| I would like to know more about what Communicare is up to. Please sign me up for the Communicare in Southampton Supporter email list.  |  |

Please return this form, your registration fee and a photograph (photo by email if possible) to events@communicareinsouthampton.org.uk or to the main office ‘Communicare in Southampton, Amplevine House, Dukes Road Southampton, SO14 0ST’. If you have any questions please email or phone 023 8021 6016.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Office use | form processed  |  | payment checked |  | photo checked |  | code sent |  |