

Rather fill in this form online? Simply set up your account at [reg.activitywalesevents.com/volunteer](http://reg.activitywalesevents.com/volunteer)

**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 Pembrokeshire? Y / N

If yes, please give details:

Are you supporting someone? Y / N

If yes, please give details:

**A few more questions...** (please circle where appropriate)

Preferred t-shirt size: S / M / L / XL

Do you have your own transport? Y / N

Have you marshalled before? Y / N

If yes, please give details:

Do you have any physical disabilities/medical conditions we should be aware of? Y / N

If yes, please give details:

Do you have any dietary requirements or allergies? Y / N

If yes, please give details:

Do you know the area? Y / N

If yes, which parts do you know the most?

Are you part of a group? Y / N

If yes, what is the name?

**We welcome your help. Please select which date(s) you are available:** (tick all that apply)

**Long Course Weekend**

- |                                    |                          |                                      |
|------------------------------------|--------------------------|--------------------------------------|
| Friday 3 <sup>rd</sup> July 2015   | <input type="checkbox"/> | The Wales Swim                       |
| Saturday 4 <sup>th</sup> July 2015 | <input type="checkbox"/> | The Wales Sportive                   |
| Sunday 5 <sup>th</sup> July 2015   | <input type="checkbox"/> | The Wales Full & Half Marathon / 10K |

**Ocean Lava Wales / The Wales Triathlon**

- |                                      |                          |                              |
|--------------------------------------|--------------------------|------------------------------|
| Saturday 1 <sup>st</sup> August 2015 | <input type="checkbox"/> | Ocean Lava / Wales Triathlon |
|--------------------------------------|--------------------------|------------------------------|

**Gower Triathlon / Fancy Dress Triathlon**

- |  |                          |                                   |
|--|--------------------------|-----------------------------------|
| Saturday 26 <sup>th</sup> September 2015 | <input type="checkbox"/> | Gower Triathlon / Fancy Dress tri |
|--|--------------------------|-----------------------------------|

Location Codes (office use only)

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>
Ref: <input type="text"/>