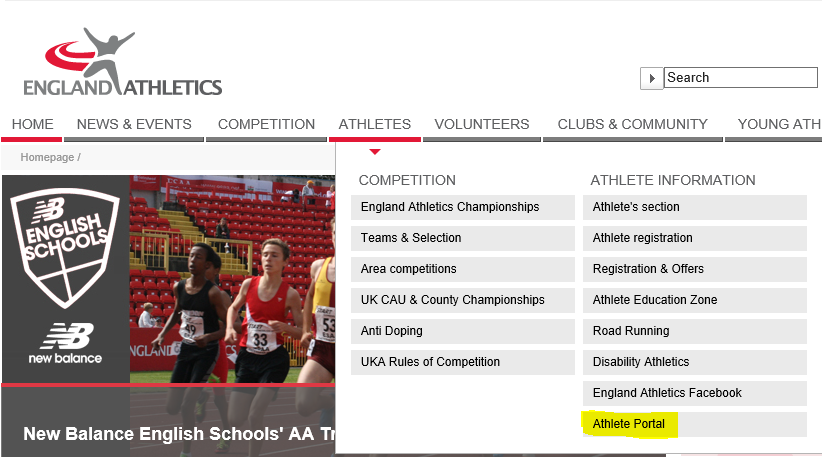
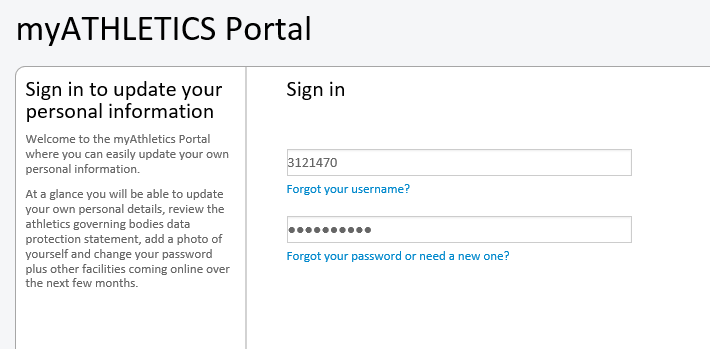
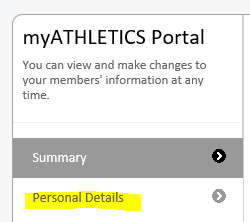
1. **Go to the England Athletics website**

<http://www.englandathletics.org/>

1. **Select “Athletes” menu, then “Athlete Portal”** 
2. **Sign in, using your username (UK Athletics number) – shown on your membership card**



1. **Select “Personal Details”**



1. **Enter emergency contact number and name**

