

Washington



Running Club

Washington Running Club Membership Form

(Valid between 1st April 2018 – 31st March 2019)

Please complete the following details **CLEARLY**

Name	
Address	
Postcode	
Contact Telephone Number	
Email Address	
Date of Birth	
How did you find out about the club?	

England Athletics

If you intend to race as part of Washington Running Club you need to be affiliated with England Athletics. This entitles you to reduced entry fees on UKA races and some early race entries (the Blaydon Race for example). The cost for this is £15 a year or part year, and will run until 31st March 2019.

I wish to Register with England Athletics: Yes / No

If you are not registered with England Athletics you will not be able to benefit from the reduced entry fees for club runners when entering a race.

Payment Details

Payment is £22 for the year or if after October 1st £11 for the remainder of the year

Option 1 - BACS – Account 75121891 Sort code – 60-22-52. When making payment please use surname as reference,

Option 2 - I enclose a cheque (made payable to: Washington Running Club) for:

Option 3 - I am making payment in cash

NB – Please indicate £22 (membership only) or £37 (membership & UK Athletics)
(Circle as appropriate)

If paying by Option 1 BACS you can email this form to: wrcmemberships@gmail.com, otherwise please return to either Dan Lawson, Derek Trueman or Tony Forster.

I apply for membership of Washington Running Club and agree to abide by the rules and constitution of the Club. I agree to run at my own risk, and will not hold Washington Running Club or its Committee Members or Volunteers to account for any injuries or damages caused whilst participating in all Club activities. I agree for my information to be held on the club's database, and to be shared with England Athletics and/or team race organisers if requested by me.

Signed:

Date:

Washington



Running Club

Washington Running Club Disclaimer

EMERGENCY CONTACT Details

Name	
Address	
Postcode	
Contact Telephone Number	
Email Address	

What would you like to get out of the Club? Please circle				
To get fitter	To lose weight	To volunteer	To improve	To meet new running partners
Other:				
Are you currently involved in any form of exercise?			Yes	No
If YES, please explain.				
Have you done any running before?			Yes	No
Are there any health considerations we ought to know of?			Yes	No
If YES, please explain:				
Do you suffer from any of the following?		Diabetes	Heart Problems	Joint Problems
		Asthma	Back Pain	Previous Injuries
Any condition requiring medication?				
Are you a recognised first aider?		Yes		No
If YES, would you be happy to act as a first aider for the club?		Yes		No

If paying by Option 1 BACS you can email this form to: wrcmemberships@gmail.com, otherwise please return to either Dan Lawson, Derek Trueman or Tony Forster.