

Riverside Runners

St Neots, Cambs.

Founded 1987

Affiliated to: UKA, EA, CAA.

www.riverside-runners.com



Chairman:

Norma Leckie

Tel. 01480 350373

Hon. Secretary:

Helen Liddle

Tel. 01480 217819

Hon. Treasurer:

Mark Forster

Tel. 01234 870943

Renewal of Senior/Junior Membership 2010

(Block Capitals Please)

Surname

First Name

Address

Postcode

Telephone (Home)

Telephone (Daytime)

Male Female

Date of birth

 / /

Email Address

Can we use your email address to keep you informed about club activities? Yes No

Tick as appropriate

Senior Membership Renewal £15.00

Junior Membership Renewal £10.00

Please pay by cheque payable to Riverside Runners.

Running - Your Personal Health

Running and its associated training can be a strenuous activity. You should therefore be in good health and have no medical or physical condition precluding heavy exercise.

If you have any doubt you should first consult your doctor.

Some conditions such as asthma and diabetes, for example, do not prevent individuals participating in the sport, but you do have a **duty to declare any condition that might put yourself or others at risk. Likewise you have a duty to declare any change** in personal health whilst a member of the Club that may put yourself or others at risk. It is important therefore that you inform those around you e.g. coaches, and fellow runners, of any condition that they may have to deal with in the event of an emergency.

Signed

Date

Please return to Lucy Boothby, Membership Secretary, 15 Vicarage Walk, Great Staughton, St Neots, Cambs PE19 5DF with your annual subscription of £15.00 Senior, £10.00 Junior for the period 1st January to 31st December.

Please make cheques payable to Riverside Runners.

Data Protection: Your details will not be passed to any third party and will be used only for purposes relating to your membership of Riverside Runners.