** SHEPSHED RUNNING CLUB**

 **MEMBERSHIP APPLICATION FORM\***

 **MEMBERSHIP RENEWAL FORM\***

 **CHANGE OF PERSONAL DETAILS FORM\***

 \* Delete as appropriate

**YEAR COMMENCING 1ST April 2024**

Name: ……………………………………………………………………..

Date of Birth: ……………………………………………………………………..

Gender: ……………………………………………………………………..

Home Address: ……………………………………………………………………..

 ……………………………………………………………………..

Postcode: ……………………………………………………………………..

Home Telephone No: ……………………………………………………………………..

Mobile Phone No: ……………………………………………………………………..

Email Address: ……………………………………………………………………..

**In Case of Emergency**

The below information will only be used/passed to Emergency Services/NHS should the runner get into difficulty.

Name of Contact: …………………………………………………………………

Address of Contact: …………………………………………………………………

Telephone No: …………………………………………………………………

Allergies: …………………………………………………………………

Medical Conditions / …………………………………………………………………
Medication

**Disclaimer**

Running is a strenuous exercise. It is the runner’s responsibility to ensure they are physically/medically fit to run and if new to physical exercise it is recommended that they seek medical advice prior to undertaking any. Runners should judge their own capabilities and if they feel they need to limit their exertion, to do so. If you have any medical conditions prior to starting running you will be expected to self-manage this (such as Asthma) but should raise it with club members and note it on the membership form so that if you do get into difficulty this information can be passed to Emergency Services/NHS to aid your care

Club runs are across publicly owned roads and public footpaths. As such terrain can be uneven, mixed, include trip hazards, low head room, drop offs and climbing hazards such as styles. Club is not responsible for the maintenance or condition of these roads or paths. Runners are advised they need to manage their own risks as and when they run.

Signed ……………………………………….…… Date ………………………………..

Shepshed Running Club members has a closed WhatsApp Group for private discussions and arranging races/runs and general running conversation. If you wish to join, note that your telephone number is visible to other members. Please tick if you wish to join this group.

The club also has a closed Facebook page. Please tick if you wish to join this group and we will invite you with the email address you have provided.

 I wish to join the Club private WhatsApp Group

 I wish to join the Club private Facebook Group

**Subscription Fee**

The annual subscription fee is £20 which allows entry to the league races and our own races but if as an individual you also wish to be affiliated to English Athletics (EA) then there is an extra fee of £18 making a total of £38.

Members affiliated to EA will be able to enter races affiliated to English Athletics (London, Nottingham, Great North etc.) without paying the non-affiliated premium. They will also be eligible for the club draw for London Marathon places.

 **ARC affiliation only (£20 membership fee)**

 **ARC/EA joint affiliation (£38 membership fee)**

**Bank Details for Payment by BACS:**

 **Bank Sort Code: 09 01 54
Bank Account Number:  38551087**

**Provide your name as reference**

Please hand your completed form to David Hattersley at the club, or post it to:

David Hattersley

Membership Secretary

24 Ashby Road Central

Shepshed

Leicestershire

LE12 9BS

Alternatively, email the form to: david.hattersley@hotmail.co.uk

PLEASE NOTE:

The club will use your email address to send you regular news and updates. If you do not wish to receive emails do not provide an email address above.

The club maintains a closed Facebook group that you can access for news, events information and to contact club members. However, please note that whilst the group is limited to club members it is not fully secure and therefore you should consider it public and not disclose anything that you consider to be confidential or personal.