

Affiliated to the Welsh Athletics Association

NAME:-

ADDRESS:-

POST CODE

TELEPHONE NO:-

MOBILE NO.

EMAIL ADDRESS  (Please complete if possible)

WELSH SPEAKER? YES   
NO

Preferred contact method? Email  Twitter   
FaceBook

MALE  FEMALE

DATE OF BIRTH  CURRENT AGE

MAIN INTEREST IN JOINING CLUB:- Please tick all applicable

RUNNING  NOVICE  SOCIAL

HOW DID YOU HEAR ABOUT SRR?

**Medical Information:** Please give details of any medical conditions that the Club should be aware of (e.g. Asthma, diabetes, epilepsy or any other relevant disability):

DO YOU WISH TO BE ACCEPTED AS A:-

1ST CLAIM MEMBER

2ND CLAIM MEMBER

Existing members:  
Year first joined:  
.....

SECOND CLAIM MEMBER - 1ST CLAIM CLUB

NB - all membership fees includes \*Welsh Athletics (AWW) fee

**\*AAW Membership** entitles individuals to discounted race entry fees, eligibility for team entry into applicable A.A.W. events and personal insurance protection - (for further details please contact committee member or [www.sospanroadrunners.co.uk](http://www.sospanroadrunners.co.uk))

I ENCLOSE - SENIOR MEMBERSHIP FEE - (£20 Oct-Mar) **£35.00** £

I ENCLOSE - JUNIOR MEMBERSHIP FEE - 12-15 Years **£10.00** £

I ENCLOSE - OVER 65 MEMBERSHIP FEE - **£25.00** £

TOTAL MONIES ENCLOSED - £  \*

16 Years & above

\*PAYMENT METHOD (please tick)  
Cash   
Bank Transfer  (contact treasurer)  
Cheque

**Declaration:-** I am an amateur as defined by the AAW laws. I agree to abide by the rules of the club and the A.A.W. Please see over for Data Protection info.  
(Please Note:- A parent or guardian must sign for Junior members)

SIGNATURE:-  DATE:-

Completed Form and Payment In An Envelope To:- Kris Williams (Membership Sec) Or To A Committee Member Who Will Pass On (Please make cheques payable to Sospan Road Runners)

SOSPAN ROAD RUNNERS - CLUB INFORMATION - *Please retain*

Club Base:- **Llanelli Cricket Club** Web Site **WWW.SOSPANROADRUNNERS.CO.UK**

Contact 1 - email [kriswilliams@gmx.co.uk](mailto:kriswilliams@gmx.co.uk) Contact 2 - email

Contact 1 Tel. No. **Kris Williams (07399568813)** Contact 2 Tel. No. **Alison Ballentine**

CLUB MEETING TIME, VENUE & TRAINING INFORMATION

When	Where	What	SRR USE ONLY
Mondays 6:00pm	Cricket Club, Llanelli	Easy and gentle recovery - Running	Fee received: Y/N
Wednesday 6:00pm	Cricket Club, Llanelli	Ideal For Beginners shorter session	SRR database updated: Y/N
Thursdays 6:00pm	Cricket Club, Llanelli	Hills/Speed session + Jogging /	WAA Database updated: Y/N
Sat/Sundays	Various	Running Usually Longer Runs - see FB for details	Membership Ref: