

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 Email  Twitter

MALE  FEMALE

DATE OF BIRTH  CURRENT AGE

HOW DID YOU HEAR ABOUT SRR?

MAIN INTEREST IN JOINING CLUB:- Please tick all applicable

RUNNING  NOVICE  SOCIAL

**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 £  16 Years & above

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

I ENCLOSE - OVER 65 MEMBERSHIP FEE - £25.00 £

TOTAL MONIES ENCLOSED - £  \*

\*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:- Claire Morgan (Membership Sec) Or To A Committee Member Who Will Pass On (Please make cheqs payable to Sospan Road Runners) - Contact Treasurer Debbie Garner for SRR bank details if wish to pay by online banking

**SOSPAN ROAD RUNNERS - CLUB INFORMATION - Please retain**

Club Base:- **Llanelli Cricket Club** Web Site **WWW.SOSPANROADRUNNERS.CO.UK**  
 Contact 1 - email [sospanroadrunners@hotmail.co.uk](mailto:sospanroadrunners@hotmail.co.uk) Contact 2 - email [debbie.gill@tiscali.co.uk](mailto:debbie.gill@tiscali.co.uk)  
 Contact 1 Tel. No. **Claire Morgan** Contact 2 Tel. No. **Debbie Gill**

**CLUB MEETING TIME, VENUE & TRAINING INFORMATION**

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