



Rhondda Valley Runners Membership Form

Personal Details

Surname: _____ First Name: _____

Date of Birth (DD/MM/YYYY): ____/____/____

Address: _____ Street: _____

Town: _____ Post Code: _____

Contact Details (PLEASE DO NOT LEAVE THIS SECTION BLANK)

Mobile No: _____ Home: _____ Email: _____

Would you like us to add you as friends on Facebook and Twitter? Facebook: Yes/No Twitter: Yes/No

Medical Details. Please consult your Doctor Before beginning any programme of physical exercise.

- When was the last time you were in a regular programme of exercise? (please Circle)
Currently Less than 1 year ago 1-3 years ago 3 years plus
- Have you ever run before? Yes/No
- Do you suffer from any medical conditions? (It would also be helpful if you could state any medication you take for this condition) _____
- Do you suffer from any allergies? Yes/No (please list) _____

In Case of Emergency (PLEASE DO NOT LEAVE THIS SECTION BLANK)

Name: _____ Mobile No: _____

Relationship to you: _____

Declaration. I hereby declare that I am an amateur as defined by Welsh Athletics rules and will uphold the objectives of Rhondda Valley Runners

In Complying with the new Data Protection Act 2018 we kindly ask that, if you consent to Rhondda Valley Runners using images of you on the Website and Facebook pages please sign and print below.

When you become a member of or renew your membership with Rhondda Valley Runners you will automatically be registered as a member of Welsh Athletics. We will provide Welsh Athletics with your personal data which they will use to enable access to an online portal for you (called myATHLETICS). Welsh Athletics will contact you to invite you to sign into and update your MyATHLETICS portal (which, amongst other things, allows you to set and amend your privacy settings)".

Print Name: _____ Signed _____

Date: _____

Disclaimer. I am aware of Rhondda Valley Runners insurance rules and that I am responsible for my own safety during training nights. Official training nights are Monday (**excl bank holidays**) and Wednesday. Should I fail to sufficiently adhere to these rules (as adjudged by the committee) then I may not be able to make a claim(s) under club insurance.

Please retain for your records

Monthly Membership £6.00 per month by Standing order

Welsh Athletics £18.50

Rhondda Valley Runners

April (Annually)

Sort Code= 20-20-68-76 Account= 50826944