



Runners-next-the-Sea Running Club



Non-Member Training Session

Please fill in this form when you first join a Runners-next-the-Sea training session.

Please note that to join a RntS training session, you must be able to run 5K, and we ask that you enter the date of your most recent 5K run, and the time in which it was completed, below. This will enable the group leaders to assign you to the appropriate training group. Please also note, that, for winter night training sessions, it is a requirement to wear high visibility clothing and to carry a torch, either hand-held or body/head-mounted.

Name:

Email address:

Emergency contact name and number:

Medical conditions:

Please note, whether a member or a guest, under 16s are to be accompanied during training sessions by a parent or guardian.

Disclaimer: I am medically fit to run and accept that Runners-next-the-sea Running Club will not be held liable for any accident or injury resulting from running with the club.

Date of most recent 5k run:

Time most recent 5k completed in:

Over 16

I confirm I am over 16 years old

Under 16's

To be signed by an adult RntS member confirming the Junior can comfortably run over 5K

Signed:

Printed: