

## Runners-next-the-Sea Running Club



### New non member

Please fill in this form the first time you run with Runners-next-the-Sea running club

Name  Email address

Emergency contact name and number:

Medical conditions :

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**

Please note: whether a member or a guest, 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.

## Runners-next-the-Sea Running Club

### New non member

Please fill in this form the first time you run with Runners-next-the-Sea running club

Name  Email address

Emergency contact name and number:

Medical conditions:

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**

Please note: whether a member or a guest, 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.

