



Application for beginners running course

23rd April to 18th June 2019

Forename:

Surname:

Address:

Home tel:

Mobile:

Date of birth:

Email address:

Do you suffer from any medical conditions? (e.g. asthma, diabetes, epilepsy, allergies, or a heart complaint) **YES / NO**

If you answer yes to any of the above, you need to take responsibility for letting the course leader know. In case of accident or injury please contact:

Emergency
Contact Name:

Tel No:

Relationship to you:

I enclose a cheque made payable to Ryde Harriers for £20. **I accept that I wish to participate in the activities offered by Ryde Harriers and that by doing so there is a risk of injury. I confirm that I am voluntarily engaging in an acceptable level of exercise which has been recommended to me and am medically fit to do so.**

Signature:

Date:

Please post this completed form and your cheque to: Beginners Course, Ryde Harriers, 2A Grenville Drive, Ryde, Isle of Wight, PO33 3JN. *Note: this does not constitute a guarantee that there are still spaces available on the course. If the course is fully booked, your money will be refunded and your form destroyed.*

We look forward to seeing you on 23rd April 2019!

If you have any questions, please email beginners@rydeharriers.co.uk