



Email: enquiries@paulpophamrunningclub.co.uk
Telephone: 0333 2001 285
Website: www.paulpophamfund.co.uk
Main Address: The Den, 64 Walters Road, Swansea SA1 4PT
Training Base: 360 Beach & Water Sports, Mumbles Road, Swansea SA2 0AY

REGISTRATION FORM

PLEASE PRINT IN BLOCK CAPTIALS LETTERS

Name: _____ Date of Birth: _____

Address: _____

_____ Postcode: _____

Home Tel No: _____ Mobile: _____

Email Address: _____

Emergency Contact Name: _____ Relationship: _____

Emergency Contact Tel 1: _____ Emergency Contact Tel 2: _____

Doctor Name: _____ Doctor Surgery: _____

Please note any medical conditions we should be aware of?

.....

Do you take any medication with you when running and if so where is it kept?

.....

Do you suffer from any of the following?

- | | | |
|--------------------------------|-------------------------------------------|-----------------------------------------|
| Asthma <input type="radio"/> | Heart Problems <input type="radio"/> | Joint problems <input type="radio"/> |
| Diabetes <input type="radio"/> | High Blood Pressure <input type="radio"/> | Back Pain <input type="radio"/> |
| | | Previous Injuries <input type="radio"/> |

Asthma: *Please ensure you carry your inhaler if you have one*

I understand that my medical history is shared with the Chair and Membership Secretary. If they feel that my medical history should be shared with the Leader of the Group I am in they will inform me first

Would you class yourself as:

A beginner Can run 5k Can run between 5k and 10k Can run 10 miles or more

When was the last time you ran and how far?

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What are your exercise experiences (current / pervious)?

.....

What are your goals or reasons for participating in running?

.....

CLUB ETHOS

To help all people of Swansea to learn to run for life, believe in yourself and to compete with you and only you. We believe running is the best form of exercise to keep you physically and mentally fit. We believe everyone can run and we can help you achieve your personal goals. Our club is a non-for profit organisation. Any surplus income is donated to the Paul Popham Fund, Renal Support Wales.

CLUB FEES

All sessions are free, unless we use facilities where there is a cost – at this point we ask members to pay a nominal fee to cover the costs of facilities such as Track. There is an annual membership of £35 once you have completed either your first 8 or 9 week program as a beginner runner or completed 3 sessions as a non-beginner.

COMMUNICATION:

Please confirm the best form of communicating updates from the club:

Facebook: Email: Text:

Please tick to confirm you are happy to receive updates on the running club:

Please tick to confirm you are happy to receive updates on the charity-Paul Popham Fund, Renal Support Wales:

DECLARATION:

Running group leaders are qualified leaders in the welsh Athletics Coaching Certificate and are willing to share their experience and enjoyment of the sport with me. I can confirm that I am 16 years of age and I understand that my participation in this group is entirely at my own risk and should consult my doctor if suffering from any condition that make running injurious to my health. I am aware that I must feel well prior to each session and will notify the leaders should I feel unwell at any time during the session. I understand that my participation and safety are my responsibility. I understand that the information on this form will be stored on the Paul Popham Running Club database and will be shared only with the Chair and Membership Secretary unless you have specified any medical condition that you are happy for us to share with your group leader. I understand that being part of the club photo's and videos maybe taken and shared on the clubs social media site, website and with external media for purposes of publicity.

SIGNED:.....

SIGNED BY ACCOMPANYING ADULT (IF 16 – 17yrs):

.....

DATE: