

NAME	
ADDRESS	
AGE	D.O.B.
HOME PHONE	MOBILE
EMAIL	
Do you currently belong to another running club?	
If so please give the club name and who they are affiliated to including the registration number.	
Please list any medical history we should be aware of; e.g. Asthma,	
All club training is at the risk of the club member.	
Hay Hotfooters is a member of The Association of Running Clubs (ARC 112) and abides by their rules according to our constitution.	
Please sign and print your name.	
Cheques payable to Hay Hotfooters	
Please post to: Rachel Jones, Membership Secretary, Church House, Glasbury-on-Wye, HR3 5NT	
Office use Membership fee £30 Start date	Renew date