Shenley Striders Running Club MEMBERSHIP APPLICATION FORM

(Affiliated to England Athletics)

Operating from: Shenley Leisure Centre, Shenley Church End, Milton Keynes, MK5 6HF

Annual Membership: £47 by bank transfer to S/C 09-01-27 Acc. 94600429
Renewing members £45 if payment received by 30/4/2026. £2 late penalty paying after 30/4/2026

ATHLETE DETAILS

Full Name:	Date of birth:
Renewing Members: I confirm I have checked my England Athletics record and no changes are needed	
Address (including postcode):	
Home telephone:	Mobile:
Email: Do you consent to this email address being made available to all members of Shenley Striders for communication purposes ? **YES / NO**	
Previous athletics/running club and resignation date (if applicable):	
Are you a member of another athletics/running club? If so, please name:	
If you have more than one club, will Shenley Striders be your First Claim Club in competitions? **YES / NO**	
Emergency Contact (name, contact number and relationship to you):	

MEDICAL INFORMATION

Please detail below any important medical information that we should be aware of (e.g. epilepsy, asthma, diabetes, allergies, sensory, learning, physical etc.). **Please do not leave blank – please write None if not applicable.**

I give consent to emergency treatment being given to me by appropriate personnel: **YES / NO**

PUBLICITY

The Club promotes its activities and performances on its own website and Facebook Group. Please confirm that you (and your family) accept pictures being entered onto the website and Facebook Group. **YES / NO**

ATHLETE AGREEMENT

I wish to join Shenley Striders Running Club. The information provided is correct to the best of my knowledge. By returning this completed form, I am willing to abide by the Club's Code of Practice for athletes (see Club's Website) and agree to always behave in the manner befitting a Shenley Strider when representing the Club.

Signature:
Date:

The data provided on this form will be stored on the Club and EA's database and will only be used by the Club, England Athletics and UK Athletics for registration and affiliation purposes, and to contact you or your nominated contact in case of emergency.

Shenley Striders Running Club Disclaimer Form

Form updated: 15.09.2026

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The Shenley Striders running club exists purely to offer an opportunity for like-minded runners to exercise together in a group and nothing more.

The club is operated and managed by a number of volunteers in their free time and these volunteers cannot accept any responsibility for any events that occur at the club. These volunteers may or may not have taken any training/coaching.

All attendees should consider the club as an informal gathering of people who will run together in a loosely structured format. Every person attending the club must take full and complete responsibility for their own actions. Know your limits.

If you have any medical conditions that could affect you, it's your responsibility to make the club aware of these. If you feel dizzy, faint or unwell it's your responsibility to stop exercising and to notify other runners of this. If you stop mid-session you must not go home without notifying the session leader.

The volunteer leading the session reserves the right to refuse to let you run with the group.

The minimum age that we can accept is 18.

Any matters of concern should be directed at the Striders committee.

Appropriate clothing and footwear for running must be worn. You should dress appropriately for the weather and for the lighting conditions.

We recommend that you run with your mobile phone.

During evening runs you must bring a hand held torch or wear a chest or head torch and wear high viz.

The club does not discriminate against any attendees, but we are unable to cater for any people with special requirements.

After a maximum of two trial sessions I will make a decision to join the club or not.

Each runner must accept full and complete liability for their actions.

I .....fully understand all of the items listed above, I meet all criteria, formally declare that I am fit to run and fully accept the risks.

Signed..... Date.....