



**FROME RUNNING CLUB
MEMBERSHIP APPLICATION**

Annual Membership Rates (from 1 April – 31 March) Individual - £20; Family - £30
(please complete one form for each person competing; Associate - £5)

(Please print in block capitals)

Title Name

DOB / / Town & Country of birth

Gender Male / Female

Telephone No: Mobile No:

Address (including postcode)

Emergency contact

Name: Email:

Address:

Emergency contact Tel. No:

Athlete's Consent: I accept that my personal data will be held on a club database and agree to the disclosure of this personal data in a list of club members to UK Athletics. YES / NO

Nationality (eg British, Irish)..... **Ethnicity** (eg White British)

I intend competing over the next 12-month period. YES / NO

Are you First-Aid qualified? If yes, when does your qualification expire?
YES / NO If yes, expiry date.....

Disability Please indicate the nature of your disability:

Athlete's Medical Information Please give details of any important medical information & or allergies that our coaches should be aware of (e.g. epilepsy, asthma, diabetes etc) & any prescribed medications/treatment.....

Signed **Date**

Members of other Clubs only to complete this section

Your other Club's Name:

Have you resigned from that club: Yes / No

Do you intend to join Frome Running Club as your First /

Second Claim: First / Second

Signed Date

Applicants aged 16 - 18 years need parent's/guardian's written consent

I give my consent to this application to join Frome Running Club as a junior member & to compete for the Club. I also give my consent for qualified first aiders to treat minor injuries.

Signed Parent/Guardian

Frome Running Club are committed to Equal Opportunities & promote running in a friendly club environment

Please return this completed form to Tom Stokes, 10 Beech Avenue, Warminster, Wilts, BA12 8LX (Cheques payable to Frome Running Club)



Frome Running Club has been running round the leafy lanes and streets of Frome in Somerset since 1981, when a few local runners got together to be a part of the London Marathon-fuelled running boom. Today, the club has over 80 members, who love to run on the road, across muddy fields and in triathlons and duathlons. Distances range from 5k to ultramarathons.

At the club, we're immensely proud of the the warm welcome extended to all runners who join us. In particular, we know that many new runners might be concerned that a running club isn't for them and that they might not be 'good enough'. Here at Frome, we encourage runners of all abilities, ages and experience. So, no, you don't have to be a seasoned sprinter to join the club. All we ask is that you can jog for at least 30 minutes. And if you're not quite there, give us a call anyway to see how we can help you meet your running goals.

Whether you're a competitive runner, an experienced runner looking to improve or someone who just likes running for the pleasure of it, we'd love you to join us!

"At Frome Running Club, we have one goal: to run and have fun in great company."

Training with Frome Running Club

We can be found at Frome Rugby Club every Wednesday evening at 6.45 pm for a 7.00 pm start. Our regular Wednesday night runs range from approximately 3 miles up to almost 9 miles. There are groups of varying ability and we make sure that no-one is ever left behind.

Regular monthly speed sessions and hill sessions are held, along with a monthly 5k time trial. Longer on-road and off-road runs are also usually available at weekends. Weekend venues vary, with routes typically including Longleat, Stourhead and the country lanes around Mells, Lullington and Orchardleigh.

Join the SAS!

Every Wednesday, we run a Steady and Sociable Group. It's perfect for runners who are new to running and those wanting to run at a comfortable pace that allows them to chat with friends. The SAS usually run for 3 to 4 miles and are accompanied by a qualified UKA leader.

Keeping in touch

Frome Running Club organises a number of social events throughout the year, including meals out at local restaurants and club weekends away, as well as an annual presentation dinner.

The club also publishes a quarterly e-newsletter, "The Frome Flyer" and has its own Facebook group.

All the latest news and results are available on the club website:
www.fromerunningclub.org.uk

Racing with Frome Running Club



Frome Running Club members regularly compete in local races, as well as our own inter-club Grand Prix competition. A growing number of runners also venture further afield to take part in international half marathons and marathons, including Amsterdam, Paris and New York.



Mells Scenic 7

Frome Running Club stages the Mells Scenic 7 each September. This 7-mile multi-terrain run takes you along the leafy trails of Vallis Vale, and through the historic villages of Mells and Great Elm. To find out more, check out the race website at <http://www.mellsscenic7.co.uk>

Interested in finding out more?

Contact:

Membership enquiries

Tom Stokes, Membership Secretary

Email: membership@fromerunningclub.org.uk

General enquiries

Karen Evans, Club Captain

Tel: (01373) 471489

Email: info@fromerunningclub.org.uk