Woodthorpe Huffers and Puffers Running Club

**Learn to Run (Wednesday 6.30pm Thackeray’s Lane Park)**

**(Learn to Run - Starts Wednesday 25th September 2019)**

Full Name ..................................................................................

Address .....................................................................................

Postcode ...................................................................................

Email .........................................................................................

Telephone .................................................................................

Emergency Contact Name.........................................................

Emergency Contact Number ....................................................

If you have an existing medical condition or have not taken part in physical activity for some time, we recommend you seek advice **BEFORE YOU TAKE PART.** Participation is at your own risk.

If you have a medical condition, disability, allergy or carry medication please provide details.

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Signature .....................................................................................................

Date .............................................................................................................

Please fill in this form and give it to your run leader

With cash or cheque for £10.00 made payable to Woodthorpe Huffers and Puffers.