

Tinto Hillrunners - 2019 Membership Form

Name:	
Address:	
Post Code:	Contact number
Email:	
Date of Birth:	Running vest size: XS S M L XL
Please provide an emergency contact person – (only to be used in the event of you having a problem during a race or training run)	
Do you have any medical problems which may affect you while out running? (this info will only be used in an emergency)	
Contact preferences – delete as appropriate I would like to be added to the members-only email group - Yes / No I would like to join the members-only smartphone 'Whatsapp' group Yes / No (If yes please ensure you have provided a mobile number above)	
Membership of £10 ENCLOSED <input type="checkbox"/> Cash / cheque OR ALREADY PAID <input type="checkbox"/> (Please tick as appropriate)	

Please send completed form enclosing membership fee to:

Alistair Cox –Secretary, 50 Broomgate, Lanark, ML11 9EE

Or email to – alcvet@hotmail.com

Membership fee for 2019 is £10. Please make cheques payable to Tinto Hill Runners.

Or - cash in person at a club meet to Alistair (Secretary) or Chris (treasurer)