

Membership Application Form

First Name

Surname

Email

Gender

Date of Birth

Address 1

Address 2

Town

County

Postcode

Phone

Next of Kin and Relationship

Emergency Contact Number

Have you suffered or experienced any of the following tick for yes

Chest pains Dizziness Fainting Migraine

Have you recently recovered from an operation?

Yes No

Are you currently or have you recently been pregnant?

Yes No

If you answered yes to any of the above please give details here:

Do you suffer from any following health conditions tick for yes

Heart condition Diabetes
 Asthma High blood pressure

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Stroke Low blood pressure

Any Bone or joint problems aggravated by physical activity?

Yes No

To your knowledge are there any Pains/conditions/disorders, which limit or restrict your physical movement?

Yes No

To your knowledge are there any reasons why you should not participate in physical activity?

Yes No

Has a Doctor ever recommended seeking advice before engaging in physical activity?

Yes No

If you answered yes to any of the above please give details here:

List any serious injuries in the last 5 years

Do you know your current 400m Swim time*

4-5 mins 6-7 mins 8-9 mins 11-12 mins
 5-6 mins 7-8 mins 10-11 mins Not done

Do you know your current 200m Swim time*

1-2 mins 3-4 mins 5-6 mins
 2-3 mins 4-5 mins Not done

Current 5km Time *

15-17 mins 21-23 mins 27-29 mins 33-35 mins

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- 17-19 mins 23-25 mins 29-31 mins 35 mins +
 19-21 mins 25-27 mins 31-33 mins Not done

Current 10km Time *

- 35-40 mins 48-50 mins 58-60 mins Not done
 40-43 mins 50-53 mins 60-65 mins
 43-45 mins 53-55 mins 65-70 mins
 45-48 mins 55-58 mins 70 mins +

Current Half Marathon Time*

- 75-80 mins 100-105 mins 125-130 mins 150 mins+
 80-85 mins 105-110 mins 130-135 mins No done
 85-90 mins 110-115 mins 135-140 mins
 90-95 mins 115 -120 mins 140-145 mins
 95-100 mins 120-125 mins 145-150 mins

Current Marathon Time*

- 2hr 30 - 2hr 45 3hr 30 - 3hr 45 4hr 30 - 4hr 45
 2hr 45 - 3hr 00 3hr 45 - 4hr 00 4hr 45 - 5hr 00
 3hr 00 - 3hr 15 4hr 00 - 4hr 15 5hr +
 3hr 15 - 3hr 30 4hr 15 - 4hr 30 Not done

I can confirm that all the information above is true and accurate to the best of my knowledge, by ticking the yes box i agree to abide by the club rules and constitution. I agree that my membership will not start until my payment has been cleared.* Yes
