

Dumfries Harriers
Jog Scotland
Membership Application

Name.....
Address.....
Post Code..... Tel No..... Mobile No.....
Email.....SAL Membership No.....
First or Second Claim.....
Membership of Other Athletic Club.....
Disciplines you are Interested in {Tick Below}
Track Road Trail Cross Country Fell
Personal Best Time for 10k.....What Year.....
Personal Best Time for 13.1ml.....What Year.....
Personal Best Time for 26.2 ml.....What Year.....

Coaching or Official Qualifications.....

I confirm that I am eligible to compete under UK Athletics Rules. I accept that my personal data will be held on computer by the Club and the governing bodies and I agree to the disclosure of my personal data in a list of members to be held by the Club and its governing bodies.

I confirm that to the best of my knowledge I am fit to participate in club training sessions and I undertake to act in a safe manner with due regard to other runners and members of the public while engaged in club activities; this will include abiding by the clubs policies & procedures and the wearing of high visibility garments when appropriate.

Please note that you will have to register as a member of Jog Scotland before participating in any of our sessions; membership is free and details of how to register can be found at www.jogscotland.org.uk

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

Membership cost for 26 weeks is £10 and will include your membership of both the Jog Scotland Group & Dumfries Harriers

Completed form and payment made to Dumfries Harriers should be sent to: ~
The Membership Secretary
18 Undercraigs Road
Dumfries
DG1 4YA