

DISCLAIMER AND PERSONAL DETAILS

Please print your details clearly, complete in full and return to persnoreplumplodders@gmail.com

Full Name:

Address:

Postcode:

Telephone No. (including STD code):

Email:

Next of kin (or person to contact in case of accident/illness):

Next of kin contact telephone number:

Address of next of kin (if different from your own):

Postcode:

Date of Birth

What would you like to get out of the group?

To get fitter To lose weight To run local events To improve To meet new running partners

Other:

Are you currently involved in any other form/sof exercise? Yes No

If YES, what type and how often?

Have you done any running before? Yes No

If YES, what type and how often?

Do you have any health considerations we ought to know about? Yes No

If YES, please explain:

Do you suffer from any of the following: Diabetes Heart problems Joint problems

High blood pressure Asthma Back pain Previous injuries

Any condition requiring medication:

Other (please detail)

Would you like to be added to a PPP C25K group Facebook page? Yes No

PLEASE READ THE FOLLOWING AND SIGN BELOW:

Running Group Leaders are qualified leaders and are willing to share their experience and enjoyment of the sport with me. I confirm that I understand that participation in this group is entirely at my own risk and I should consult my own doctor if suffering from any condition that might make running injurious to my health. I agree to the information contained in this form being stored securely for the duration of the couch to 5K course for health & safety reasons only. It will not be used for marketing and will not be stored electronically.

Signed:

Date: