



# Lothian Running Club

## Membership Application / Renewal

Name	<input type="text"/>		
Address	<input type="text"/>	Phone	<input type="text"/>
		Date of Birth	<input type="text"/>
		Scottish Athletics No.	<input type="text"/>
Post Code	<input type="text"/>	Email Address	<input type="text"/>

Please sign me up to the Club News email list (Tick)\*

Name of previous club (if any)

*\* This opt in only pertains to the Club's mailing list. We may still use your email address to contact you if necessary.*

Select Type of membership	Fee	Tick
Senior	£20	<input type="checkbox"/>
Junior (under 21)	£10	<input type="checkbox"/>
Family. (Parents and children under 21 at same address) .....	£40	<input type="checkbox"/>
<i>Please give full names, dates of birth, SAL numbers on next page.</i>		
Non Competing Membership/Second Club.....	£5	<input type="checkbox"/>

**Note:** that membership is due on January 1<sup>st</sup>. Reductions are available for NEW members joining later in the year.

**I hereby apply for membership of Lothian Running Club.  
I agree to abide by the club's Code of Conduct:**

<i>Signature of Applicant</i>	
	<b>Date:</b>

<i>Signature of Parent or Guardian(U18s)</i>	
	<b>Date:</b>

**Note:** A computer record will be kept of the information you give on this form. Your signature will be regarded as approval of this, unless you notify us of any objection.

Please return with appropriate fee at any Training Night. Alternatively post or email to the membership secretary:

Lothian Running Club, c/o Colin Partridge, 46 Lady Place, Livingston, EH54 6TB

[membershipsecretary@lothianrunningclub.co.uk](mailto:membershipsecretary@lothianrunningclub.co.uk)

Cheques should be made payable to: Lothian Running Club. Please do not send cash through the post, contact the membership secretary for other ways to pay.

# Family Members

To be completed if Family membership was chosen on page 1. Leave Membership No. blank

Name	<input type="text"/>	Membership No.	<input type="text"/>
Date of Birth	<input type="text"/>	SAL Number	<input type="text"/>
Name	<input type="text"/>	Membership No.	<input type="text"/>
Date of Birth	<input type="text"/>	SAL Number	<input type="text"/>
Name	<input type="text"/>	Membership No.	<input type="text"/>
Date of Birth	<input type="text"/>	SAL Number	<input type="text"/>

## Lifts to Training

Sometimes the club training takes place somewhere that is a mile or two from where the club meets. Some of our athletes run to the training location for a warm-up but some members, especially juniors, may need a lift.

All our coaches have been required by British Athletics to have a Criminal Record Bureau check, but British Athletics also recommend that coaches may not give lifts to juniors without the knowledge and consent of their parent or guardian. In many cases we have met the parent or guardian and arranged consent informally, but we are asking your written consent, just to make sure.

I give consent for:

Name	<input type="text"/>
Name	<input type="text"/>
Name	<input type="text"/>

to be given a lift to training by a suitably qualified person:

<i>Signature of Parent or Guardian</i>	<b>Date:</b>
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### Admin

Age Group	Card Issued	£ to treasurer
Membership list	Email List	Membership No(s).

# Medical Information

## Medical Conditions

It is important that club coaches and team managers are made aware of any medical condition, or other problem, which may affect you whilst you are training or competing with the club. If there is a significant possibility that a condition such as asthma, diabetes, or epilepsy, may cause problems, please give details of the condition:

If appropriate, please indicate what remedial action should be taken at the onset of the problem:

**Note:** that information supplied will be treated as confidential to coaches and team managers.

Please will Parent or Guardian of a minor sign to give consent for the above treatment to be carried out by a club official or other qualified person, if appropriate:

*Signature of Parent or Guardian*

**Date:**

## Medication & Anti Doping Regulations

Members should all be aware that Anti Doping regulations prohibit the use of many substances commonly found in medications and in some beverages. The secretary can supply a small leaflet which tells you which commonly used medications are, and are not allowable.

Secretary: Kirsty McMeechan, 65 Staunton Rise, Livingston EH54 6PD  
email: [clubsecretary@lothianrunningclub.co.uk](mailto:clubsecretary@lothianrunningclub.co.uk)

For general advice contact UK Athletics Anti-Doping Manager David Herbert. Tel: 0121 713 8432. email: [dherbert@ukathletics.org.uk](mailto:dherbert@ukathletics.org.uk) You can expect a very helpful response.

There is a newly formed UK Anti Doping organisation (UKAD) which gives comprehensive information on its web site [www.ukad.org.uk/home/](http://www.ukad.org.uk/home/)

Note that if you are using an inhaler which contains a banned substance then it may be possible to change to a legal alternative. If this is not possible then you may get dispensation, if your doctor completes a form. Form available from: [www.ukathletics.net/antidoping](http://www.ukathletics.net/antidoping)