



Guest Membership Form

Guest Member Information

First Name _____

Last Name _____

Phone _____

Email _____

Emergency Contact

First Name _____

Last Name _____

Relationship to above _____

Phone _____

Introductory Period

Start Date _____

End Date _____

Health Conditions & Declaration

Please detail in the space below any medical / health conditions you have which you think we should know about prior to you taking part.



Guest Membership Form

I declare that I have completed this questionnaire fully and honestly. I will inform a member of the committee if there are any changes in my circumstances. I take part in any recommended activity entirely at my own risk and waive any legal recourse for damages to myself or property arising from my participation.

Signed: _____ Date: _____

Note: As a guest member, you cannot represent Irvine Running Club (IRC) in races or enter any IRC club championships or competitions. The introductory period is four weeks from the start date, after which you are expected to complete a membership form and pay the membership fee/ set up a standing order if you want to continue running with the club.

We really hope you enjoy your time running with us,

Irvine Running Club Committee