

Stilton Striders Seniors Membership Form 2025/26

stiltonstriders@yahoo.co.uk

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Title	Title		Full Name					
Phone Number			Email					
Address & Postcode								
Date of Birth		_	elevant Medical Conditions or Allergies					
Emergency	Contact Information:							
Name			Phone Number					
England Athletics. myAthletics). If you dataprotection@er	Then you become a member of or We will provide England Athletics a have any questions about the conglandathletics.org. In addition, yace organisers for the purposes or ation:	s with your persona ontinuing privacy o your personal data	al data which they will of your personal data v a will be shared with th	l use to enabl when it is sha ne Leicesters	le access red with hire Roa	s to an onlir England Atl d Running L	ne portal for you hletics, pleas league, the Do	ou (called se contact
	triders your first claim ub? (Yes/No)		If <u>no</u> , please state your first claim club					
Membershi _l	p Type (please only tid	ck <u>one</u>)						
Senior (£34)	Second Claim (§	215) 🗌 🥫	Student/Unwage	ed (£21) [State p	ension ag	e (£26)
Payment can be	form and the appropriate fee made by cash, cheque (payab ansfers <u>must</u> include your ful	ole to 'Stilton Str	riders Running Club	') or via ban	k transf			
Applicant Signature (Digital Signature is acceptable)								
What it mea	ns to be a Stilton Stri	der:						

- 1. **Respect Leaders** They volunteer their time and plan sessions for you. Listen to safety instructions
- 2. Be Courteous Share paths with others. Run single file when needed and thank those who give way
- 3. Support Each Other Don't leave anyone behind, especially out of town. Help others get home safely
- 4. Own Your Safety Dress appropriately and alert others to risks
- 5. **Health Awareness** Bring medication if needed and inform others of any conditions
- 6. **Be Visible** Wear hi-vis and reflective gear in the dark
- 7. **Be Kind** Respect all members in person and online. Welcome newcomers
- 8. Celebrate Others Acknowledge achievements of other members and clubs
- 9. Follow Race Rules Don't swap race numbers. Fill in medical info and emergency contacts
- 10. Car Share Especially for busy events with limited parking
- 11. Speak Up Report concerns to a Welfare Officer, Committee member, or run leader
- 12. **Help the Committee** Pay dues, complete surveys, give feedback, volunteer—and have fun!