**SPIRIT OF MONMOUTH RUNNING CLUB**

**GUEST RUNNER FORM**

**Welcome to Spirit of Monmouth club night. We hope you enjoy your run with us.**

**Please complete this form and return it to the Membership Secretary, by email:** [**spiritofmonmouth@gmail.com**](mailto:spiritofmonmouth@gmail.com)**,**

**Surname……………………………. First name………………………**

**Male/Female……………………….. Date of Birth…………………….**

**Address……………………………………………………………………**

**Post code………………………….. Email……………………………..**

**Home tel. no………………………. Mobile no………………………..**

**Emergency contact name………………………………………………**

**Emergency contact tel. no……………………………………………..**

**I declare that I am fit and healthy and there is no medical reason why I should not run.**

**I consent to my details being provided to Track, Trace and Protect in the event of a member of my group becoming unwell with Covid 19.**

**Signature…………………………………………..Date………………..**