



APPLICATION FORM

Membership Number: _____

DOE: _____

RES: _____

DNR: _____

DR: _____

FC/SC: _____

Full Name (including title eg Mr, Mrs etc): _____

Address: _____

Postcode: _____

Date of Birth: ____/____/____ Occupation (optional): _____

Telephone: Home: _____ Work: _____

Mobile: _____ Email: _____

Please list any other Athletic/Running Club of which you are a first claim member. (see note overleaf).

For family membership, please list details of additional applicants:

Title	Name	Occupation	D of B	Other AC membership
_____	_____	_____	____/____/____	_____
_____	_____	_____	____/____/____	_____
_____	_____	_____	____/____/____	_____
_____	_____	_____	____/____/____	_____

Please indicate event of interest: Cross Country Duathlon Fun Runs Orienteering Road Runs Social Track Triathlon Other (please specify): _____

As a Family Running Club, Metros depends upon members taking a part, however small, in its organisation. Additionally, if you have a particular interest or professional skill that you feel may benefit the Club, please bring this to the attention of the relevant co-ordinator, and if you are approached by one of the co-ordinators to help, please do so if possible.

I/We declare that I/We have amateur status as defined by the British Athletic Federation.
(If in doubt, please ask to see the Club's Constitution for definition).

I/We apply for membership of Metros and if I/We take part in any activities organised by the Club, I/We hereby declare that I/We will be doing so at my/own risk and will not hold Metros liable for any loss or damage arising as a result of such activity.

Membership Fees: Junior (under 18) £1.00 Individual (over 18) £15.00 Family (up to two over 18s and any number of juniors) £30

I enclose payment by _____ (cash or cheque payable to Metros) for the sum of £ _____
(Bankers order forms are available upon request from the Membership Secretary)

Signature: _____ Date: _____
(Parent/Guardian's signature for under 18s. Please state relationship)

Please return to/further details available from the Membership Secretary:
Ann Marsden, 28 Cygnet Close, Northwood HA6 2SZ Telephone: 01923 823 001 Email: a.e.marsden@btinternet.com

Please enclose an A5 stamped addressed envelope.

UK Athletics have very strict rules governing:

- a) The relationship between first and second claim members
- b) The procedures governing resignation from an athlete's first claim club.

In order to register with UK Athletics Metros has to draw prospective member's attention to the following:

UK Athletics rules state:

“A notice of resignation must be made in writing and shall be considered by the Club within one calendar month of receipt. Membership shall be deemed to have ceased on the actual date of the tendering of the notice, unless the member be financially indebted to the Club, in which case the acceptance shall be withheld until the indebtedness has been met. The date of resignation shall then be the date on which the debt was discharged.

After 28 days from ceasing to be a member of a Club or Association athletes shall not be eligible to compete in Open Competition until they have again become members of an affiliated Club or Association.

Athletes may apply to the Regional or National Association as appropriate, that their membership of a Club shall be deemed to have ceased as from two years since the payment of the appropriate annual subscription of that Club, provided that they have not represented the Club in any competition during that period of two years.

HARDSHIP EXEMPTION: Any athlete who wishes to claim exemption from the operation of any of the rules relating to first claim membership or eligibility shall apply to the Region in which the Headquarters of the Club the athlete wishes to represent is situated. The athlete shall state the grounds upon which exemption is claimed and supply any information which the Committee may require. Such grounds may include a move of residence, or the inadequate provision of facilities for training or competition Or the agreement of both clubs concerned to the move.”

It will help Metros comply with these requirements if you let us have the following information:

- a) The date when your first claim membership is due for renewal:
Or
- b) The date you last renewed your first claim membership:
Or
- c) The date when your resignation was accepted:

How did you first hear about Metros running club?

The information supplied on this application will be stored on computer, but will not be made available to any third party without your prior consent.