

To join, simply complete this form and return it to:

Nick Flann  
Membership Secretary, Wargrave Runners  
14 Dark Lane  
Wargrave  
Berks. RG10 8JU



[www.WargraveRunners.org.uk](http://www.WargraveRunners.org.uk)

### Contacts

Chairman	Steve Huyton <a href="mailto:chairman@WargraveRunners.org">chairman@WargraveRunners.org</a>
Secretary	Clare Winters <a href="mailto:secretary@WargraveRunners.org">secretary@WargraveRunners.org</a>
Treasurer	Dave Moseley <a href="mailto:treasurer@WargraveRunners.org">treasurer@WargraveRunners.org</a>
Membership	Nick Flann <a href="mailto:membership@WargraveRunners.org">membership@WargraveRunners.org</a>
10K	Mandy Doward <a href="mailto:10k@WargraveRunners.org">10k@WargraveRunners.org</a>

### Payment information:

Account name: Wargrave Runners  
Sort Code: 30 91 11  
Account Number: 0240 1906

Please use your name as the reference.

Or

Cheques payable to: Wargrave Runners



# Wargrave Runners

Established in 1984

“A Social Running Club for all ages and abilities”

[www.wargraverunners.org.uk](http://www.wargraverunners.org.uk)

## Membership Information

Welcome to Wargrave Runners, we pride ourselves on being a Social Running Club and we are always pleased to welcome new members.

Here is some practical information to assist you.

<b>Membership year:</b>	1 <sup>st</sup> March – 28 <sup>th</sup> Feb,  Renewable on 1 <sup>st</sup> March each year.	
<b>Subscription Rates:</b>	Single (over 18)	<b>£11</b>
	Family <i>(Adults &amp; Children up to 18 or in full-time education)</i>	<b>£15</b>
	Social	<b>£6</b>
<b>England Athletics:</b>	If you are likely to race at EA affiliated events (most formally organised events will be affiliated) then you can also join England Athletics. This is an additional <b>£12</b> and falls due on 1 <sup>st</sup> April but will enable you to pay the reduced entry fees for affiliated runners. (Club Membership does not in itself make you affiliated)  <i>It is easiest to pay this with your subscription on 1<sup>st</sup> March and we will register you.</i>	
<b>Kit:</b>	Once you have joined you might like to obtain some of our Kit. Please contact us with your size and requirements. We have Vests, Tees and Zip fleeces.	

**Thank you for your interest in  
Wargrave Runners.**

<b>We meet at:</b>	<p><b>ALL CLUB SESSIONS meet at the RECREATION GROUND CAR PARK. (Recreation Road, Wargrave)</b></p> <p>This we hope will enable members who normally only run in one session to meet other members and to find a progression from one group to another as their running improves.</p> <p><i>(There are public toilets around the back of the Pavilion for anyone to use.)</i></p>
<b>Our Club Sessions are:</b>	<p><b><u>Saturday 8:15 am</u></b></p> <p>For this session we usually run a regular circuit of 4 to 5 miles. (On quiet country roads.)</p> <p><b><u>Sunday 8:15 am</u></b></p> <p>Typically this group will be running at a 9 to 10 minute mile pace plus and distances of at least 8 to 10 miles. We normally like to incorporate some off-road running, usually approximately two thirds off-road.</p> <p><b><u>Wednesday 7:30 pm</u></b></p> <p>When available: A short and fun lead session often incorporating circuits, hill sprints or bleep tests. Group remains together and is suitable for ALL levels.</p>
<b>Please note:</b>	<p><b>Entry in the 5k series is restricted to first claim runners of the clubs running the events in the series (with a very few guests). This ruling was made some years ago (by the group) to preserve the series. We run on the roads with no closures and have to maintain numbers at a manageable level.</b></p> <p><b>We are family orientated but do not accept single membership from under 18's. Minors are most welcome as family members but run under the supervision of their parents or guardians. Some of our measured mile events are of particular interest for younger runners.</b></p> <p><b>To be eligible for the club Marathon Draw you must be affiliated to England Athletics as a member of Wargrave Runners.</b></p>

Full Name	Mbi:
Address & Postcode	Home:
Telephone Numbers	Email

Application  
for  
membership

See overleaf for online or postal payment information.	Single £11	Family £15	Social £6	Nationality <small>(English/Scottish/ Welsh/Irish etc.)</small>	D.O.B
EA affiliation fee is £12/head in addition to Club Membership fee. All competing athletes over the age of 11 years should affiliate, you will then be able to pay the reduced affiliated runner entry fees at EA affiliated events.					