

Allen Valley Striders running club

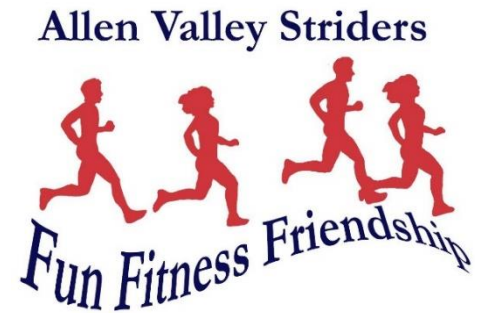
Training base: Allendale sports club

Telephone: 01434 618528

Email: allenvalleystriders@hotmail.com

Web: www.allenvalleystriders.co.uk

Facebook: [Allen Valley Striders](#)



Welcome: Allen Valley Striders welcomes applications from all people over the age of 16 including people with disabilities and those from ethnic minorities.

Volunteers: The club is an amateur running club, run by unpaid volunteers and, like all voluntary organisations we always need more volunteer help. If you can offer your time, the club can arrange training, especially in areas like coaching. It does not need to be an ongoing commitment as we need help on an occasional basis for marshalling at events. If you are interested in volunteering, please contact the Club treasurer, Brendon Jackson (01434 618528).

Club fees: In order to use the facilities at the club and compete in competitions you must be a member.

Membership fees are paid, in advance, annually in April. Members joining through part of the year will be charged a pro rata fee. You are most welcome to join us for your first 2 runs without any commitment.

Membership fees are £38

Cheques made payable to Allen Valley Striders

Bank transfer. Sort code: 30-94-19 Account number: 01082838

Training times are as follows:

Monday 19:00 to 20:00 – 4-6 miles **Wednesday** 19:00 to 20:00 – 5-7 miles

Sunday 08:00 to 10:00 – 10 miles usually with vehicle support, so you're able to run less if you prefer.

Do look on Facebook to check runs are on. Please be ready to *go* at the given start time.

Club training kit

Club vest is essential if you are going to compete for AVS – available from the club.

Also available from the club are club shorts, buffs and hats.

If you are uncertain on what to wear, advice on clothing and types of running shoes, is also available from club officials.

Chairman: Derek Todhunter **Treasurer:** Brendon Jackson **Club Captain:** Ruth Bentley

Secretary: Rose Todhunter (drma2504@btinternet.com)

Allen Valley Striders running club

Founded 2005

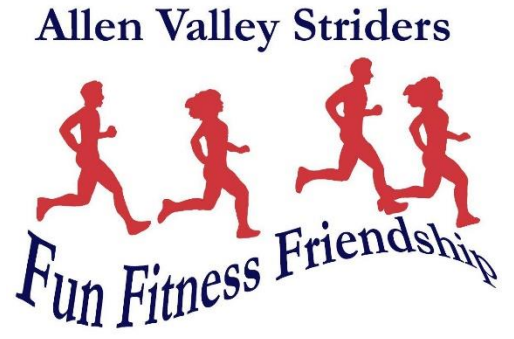
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Membership application form

Full name

Address

.....

Postcode Telephone home

Telephone (mobile)

Date of birth Nationality

Gender Occupation or school

Email address

Emergency contact (name/relationship)

Emergency contact (number)

Other athletics clubs of which you are a member

..... Status i.e. first/second claim

Interests (please tick)

Road running

Cross country

Fell running

Marathons

Track & field

Duathlon/triathlon

Trail running

Ultras

Additional support (Please detail below any disability and/or any additional support you may require.)

.....

Medical information (Please detail below any important information that our club officials should be aware of e.g epilepsy,asthmas,diabetes, allergies etc)

Please do not leave blank – if there is no information please write 'none'.

.....

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Allen Valley Striders take the protection of the data seriously. There is a full privacy notice available in the clubhouse which explains how we will treat personal information that you provide to us. We will take reasonable care to keep your information secure and to prevent any unauthorised access.

Data transfer to England athletics

“When you become a member of or renew your membership with Allen Valley Striders you can also choose to be registered as a member of England Athletics (you will have to register with England Athletics if you ever compete for the club in competition Under UKA Rules). If you tick the box to join below, we will provide England Athletics with your personal data which they will use to enable access to an online portal for you (called myAthletics). England Athletics will contact you to invite you to sign into and update your MyAthletics portal (which, amongst other things, allows you to set and amend your privacy settings). If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics, please contact dataprotection@englandathletics.org.If you do not tick the box below and then decide to compete for the club, we will need to register you with England Athletics and we will inform you at that time.

I want to be a competitive runner and join England athletics.

I want to be a social runner and not join England athletics.

AVS is part of the Allendale Sports club association, which also includes the Netball, Football and Tennis Clubs; who together oversee the Sports buildings and developments. They also organise fundraising activities at which your support would be greatly appreciated. By joining Allen Valley Striders you also become a member of Allendale Sports club.

I agree/ don't agree to my email address being shared with Allendale Sports club.

By returning this completed form, I confirm that I am willing to abide by the club code of conduct.

Signature Date