



Join Beckenham Running Club

Have you **recently taken up running**? Would you like to run with other people? Have you been running a while and want to train with others of a similar level, or **looking for a 2nd claim club**? If so then why not join Beckenham Running Club. We are a friendly club with runners of all abilities, whether it's running to keep fit or be social, to competing in road races, cross country, inter club summer leagues and relays.

What do you get from membership? From **£30 a year for Associate Membership** you get all you would expect from a running club:

- **Club nights:** you can join us on Wednesdays when we meet at Beckenham Cricket Club at 6:45pm, as frequently as you like, without additional subs. We run for 30-60 minutes in organised group runs tailored for mixed abilities. Showers and changing facilities are available, and you can refuel with a drink and freshly prepared food in the members' bar afterwards.
- **Training sessions:** we offer training sessions, whether on the track on Saturdays or hill sessions etc in Beckenham Place Park on Thursdays in the summer (track fees not included in membership).
- **Races:** you can run for Beckenham in races & club competitions (race fees not included in membership). Enter most races using the discount available for affiliated runners. Affiliation to England Athletics through the club adds £5 to the annual Associate Membership fee.
- **Full Club Membership:** Alternatively you could take advantage of full Running Club membership, which includes Social membership of Beckenham Cricket (and multi-sports) Club. This entitles you to full use of the lively bar and facilities 7 days a week, for £90 per year.

See our website at www.beckenhamrunning.co.uk for more details.

We shall be very pleased to welcome you at Beckenham Cricket Club, Foxgrove Road BR3 5AS on any Wednesday Club night (6:45pm) if you want to give us a try for a week or two. Alternatively you can contact us by email beckenhamrunning@yahoo.co.uk. Or, simply fill out the below form below and bring it along on Clubnight, or post it the address shown.

Application:-

Name: _____ Male/Female *delete as appropriate*

Address: _____ Postcode: _____

Email: _____ Telephone: _____

Date of Birth: _____ EA Affiliation no*: _____

1st-Claim Affiliated club*: _____ * *(if applicable)*

DECLARATION: I am applying to join **Beckenham Running Club**. I am 18 years old or older, and I am medically fit to run at Club level. I shall not hold Beckenham Running Club responsible for any injury or illness incurred during or as a result of running, training or competing with the Club. I enclose cheque made in favour of **Beckenham Running Club** for *(Tick applicable box)*

Associate membership £30 (£35 including EA affiliation) Full Membership inc social Cricket Club Member £90

Signature: _____ Date: _____

Send to:-

Membership Secretary,
Beckenham Running Club,
c/o Beckenham Cricket Club
Foxgrove Road,
Beckenham BR3 5AS