



**LADIES!!!!**

Are you thinking of entering a local **Race for Life 5K?**

Would you like to do more than just walk round?

Witham Running Club is offering a special '**Beginners Running Course**' aimed specifically at you!

This course is organised and run by UK Athletics qualified lady coaches and aims to help you achieve your goals for the Race for Life. Everybody is welcome - from 18 to 80, from complete novice to ladies returning to running after a break.

Start Date is Tuesday 22<sup>nd</sup> April, targeting the Braintree Race for Life on 15<sup>th</sup> June. Cost to non-WRC members is £10, all proceeds going to Cancer Research UK.

For more details visit [www.withamrc.org.uk](http://www.withamrc.org.uk),  
or contact Rachel on 07808 298175 or Lorraine on 01376 511424.



## Lady Beginners 5K Training

### Applicant

First Name  Last Name   
Date of Birth

### Address

Street   
Optional   
Town  Postcode

### Contact

Phone Number  Mobile   
Email Address

### Medical Information

For each applicant please list any medical condition or any known allergies (including allergies to medication) which might affect your running.

### Declaration

- I declare that I am medically fit and able to participate for Witham Running Club and take personal responsibility for our own health when involved in Club activities.
- I declare that I am personally responsible for our own safety when involved in Club activities.
- I agree that Witham Running Club or its officers may not be held liable for any discomfort or injury that I may suffer resulting from Club activities.

### Event

Please indicate which 5K event you are intending to participate in:

Braintree – 15<sup>th</sup> June

Chelmsford – 22<sup>nd</sup> June

### Payment

Total Enclosed £10.00 Cash  Cheque

### Information

The course will run from Tuesday 22<sup>nd</sup> April to Thursday 12<sup>th</sup> June 2008 with sessions starting from 19:00 and finishing at 19:30. We will be meeting at Bramston Sports Centre, so please come ready to have fun. We recommend investing in good trainers / running shoes, a fitness bra and some comfortable fitness clothing.

### Signature

Applicant Signature  Date

Please return completed forms to Rachel or Lorraine