

# REGISTRATION FORM



## ***ALLROUNDER SPORTS WINTER LEAGUE***

NAME: \_\_\_\_\_ (BLOCK CAPITALS)




Male



Female

Please Tick ✓

DATE OF BIRTH: \_\_\_\_\_

 : \_\_\_\_\_

MEMBER OF



YES

NO

Please Tick ✓

RUNNING DISTANCE:

2.7 Miles

6 Miles

Please Tick ✓

LEAGUE FEE WEEKLY:

€2.00

MEMBERS

€3.00

NON-MEMBERS

**I HAVE READ THE SAFETY STATEMENT & I AGREE TO ABIDE BY ALL THE RULES OVERLEAF**

SIGNED: \_\_\_\_\_

RACE  
NUMBER



# *Rules and Safety Notes* *for Winter League*

The following is a safety notice which is intended to inform all participants in the Winter League of the Risks of running on the road during dark winter evening and also list the League requirements.

The winter league is *FUN* event designed to get people out and about in those cold winter months. Your time is not worth, risking your safety and the safety of others, CAUTION IS NEEDED AT ALL TIMES.

## **WE ASK YOU TO: -**

- *Always wear a reflective bib or clothing.* You will not be permitted to run without it.
- Use footpaths and hard shoulders where they are provided and free.
- Take extra care when crossing roads, *never assume that a vehicle will stop for you or because you do not hear one that there is nothing coming as a cyclist may be approaching.*
- Proceed with caution through the darker parts of the course.
- When in front inform the group of any blocked footpath or hard shoulder, approaching pedestrian, cyclist or vehicle, or of any other hazard or obstacle that the group will need to negotiate.
- Obey any instruction given to you by a steward, club official or member of the Gardai.
- Always inform a Club Official or Steward if you have dropped out along the course.
- Do not run while carrying an injury.
- Please inform a Club Official of any dangerous occurrences or incident that has or is likely to occur along the course.
- Always give consideration to the local residents when parking.
- **NO WATCHES IPODS OR MP3 PLAYES ALLOWED**

Penalties will be given to those who fail to participate safely in the league.

*Enjoy your running and Stay Safe.*

Chairman: -. Tony Ryan, Kilmurray, Dungarvan, Co. Waterford 087 7657805  
Secretary: -. Norma Wall 101 Páirc na mBláth Ballinroad Dungarvan 087 9385965  
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