



SURNAME	
FIRST NAME	
DATE OF BIRTH	
ID NUMBER	
TELEPHONE - H	
TELEPHONE - W	
CELLPHONE	
EMAIL ADDRESS	
POST ADDRESS	
POSTAL CODE	
OCUPATION	
PROV LICENCE	

Do you belong to an Athletic Club at present? If so, which club

Have you resigned from your old club? YES ☐ NO ☐

SIGNED

PROPOSER

DATE

SECONDER

Please note the following:

1. The Annual subscription is a non-refundable, one off, yearly payment to cover administration costs and your yearly National Running Licence which is valid until 31st December 2023
2. A clearance letter needs to be submitted when joining RAC if you have belonged to a running club during the past year and you now wish to join RAC.
3. RAC committee request that new members assist at least at one of their races which they organise during the year - especially the Tough One.

4. Completed membership forms can be brought on a Tuesday evening to the Old Parktonian Club between 17h00 to 19h00 once we are open again. Otherwise please email
5. No licences will be posted - you will need to collect these.