



TIMEX

Zest



Booking Form

Before booking: This workshop is suitable for both beginner and intermediate runners and open to women aged 18 years and over. By beginner we mean that you haven't done any running in the past and would start with a jog/walk programme. By intermediate, you may have been running perhaps 6 months and have done a 5km or 10km event. At the very least, you should be able to comfortably walk briskly for 20-30 minutes.

GirlzRun Women's Running Workshop

Saturday 26th June 2010 - The Hub, Regents Park. 9.30am – 5pm

Name

Address

Telephone Mobile

Email

Occupation DOB

T-shirt size XS S M L XL

Where did you hear about GirlzRun?

What is your CURRENT fitness level?

What is your fitness/ exercise background?

What do you want to achieve by attending this workshop?

I enclose a cheque for the value of £120 made payable to Yelling Performance

Cancellation policy: Booking is confirmed by payment in advance. 50% refund if cancelled 4 weeks beforehand, 25% refund 2 weeks before, no refund if cancelled within 7 days of the course. All cancellations are subject to a £15 admin fee.

Signed:

Please return completed form & Health Questionnaires, with cheque (made payable to 'Yelling Performance') to: GirlzRun, c/o Maple Lodge, Mayfleid Lane, Wadhurst, East Sussex, TN5 6HX

Have you enclosed your: Cheque Booking form Health Questionnaires