

# NETHERHALL 10 MILE ROAD RACE

## incorporating the BMAF 10 mile Championships



Cumberland AC supported by NEMAA (North East Masters Athletics)  
Malcolm McDougall Memorial

**SUNDAY 26 FEBRUARY 2017 @ 11.00AM**

**Incorporating the British Masters Athletic Federation 10 mile Championships**

(under UK Athletics Rules – Licence applied for)

**Netherhall School, Maryport, Cumbria, CA15 6NT**

*Anticlockwise single lap course on mainly undulating country roads going through Dearham, Bulgill and Crosby on the West Cumbrian coast.*

**Prizes:**

For first three male/female finishers  
Veteran prizes in 5 year categories from age 35  
Juniors from age 17

**BMAF Prizes**

For first three male/female finishers  
Veteran prizes in 5 year categories from age 35

**(Local runners can compete in the BMAF Championship by joining Northern MAC or North East MAA)**

**All BMAF Championship entries must be made online in the OpenTrack system via [bmaf.org.uk](http://bmaf.org.uk).**

**Closing date for BMAF entries 12 February 2017.**

Entries can be emailed to [sheilamcveigh@fsmail.net](mailto:sheilamcveigh@fsmail.net) with pay on the day at pre-entry prices **£10.00 (affiliated) or £12.00 (unattached).** **If you don't run you don't pay!**

Postal entries should be returned to Craig Kershaw, The Stables, Moresby Hall, Moresby, Whitehaven, CA28 6PJ (Cheques payable to "Cumberland AC")

Entries on the day are £11.00 (club runners)/£13.00 (unattached)

### Netherhall 10 Entry Form – Sunday 26 February 2017

Surname:	Male <input type="checkbox"/> Male Vet <input type="checkbox"/>
First Name:	Female <input type="checkbox"/> Female Vet <input type="checkbox"/>
Address: Post Code:	Date of birth: Age on Race Day:
UKA Affiliated Club Name: Unaffiliated: <input type="checkbox"/>	UKA Membership No: <b>(must be provided)</b>
Email:	
Pre-entry Fee:                    £10:00 (affiliated) <input type="checkbox"/> £12:00 (unattached) <input type="checkbox"/>	
Entry received on the day: £11:00 (affiliated) <input type="checkbox"/> £13:00 (unattached) <input type="checkbox"/>	
Signed:	Date:
Under 18's: Parent's Signature:	Date:
Declaration: I hereby declare that I am eligible as defined by the rules of UK Athletics and that the above details are complete and correct. I am medically fit to run and understand that the organisers of the event will in no way be held responsible for injury to my person or illness during or as a result of my participation in the event or for any property lost or stolen on or in the vicinity of the course.	