

Whitehaven Harbour 5K



5K Road Race

(under UK Athletics Rules – Licence applied for)

Tuesday 9 May 2017

Race starts @ 7:00 pm from Harbour-side end near Tesco

Out and back course along the Harbour to the Beacon and Haig Pit

Course records: Tom Addison – 16.28 (Helm Hill 2013)

Lauren Munro-Bennett – 19.53 (Helm Hill 2013)

Pre-enter by email to sheilamcveigh@fsmail.net and pay on the day at pre-entry prices £5.00 (affiliated) or £7.00 (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”) OR Enter online: www.ukresults.net

Entries on the day are £6.00 (club runners)/£8.00 (unattached)

Registration at The Harbour Youth Project (under multi-car park) from 6.00pm.

Registration will close at 6:45pm.

CUMBERLAND
ATHLETIC CLUB



Prizes:

Male: 1st, 2nd, 3rd

Female: 1st, 2nd, 3rd

and for all categories

(Age limit 11.)

(Under 17's require parent's signature)



Whitehaven Harbour 5K Entry Form – Tuesday 9 May 2017

Surname:	Male <input type="checkbox"/> Male Vet <input type="checkbox"/>
First Name:	Female <input type="checkbox"/> Female Vet <input type="checkbox"/>
Address:	Date of birth: Age on Race Day
Club Name/UA:	UKA Reg. No: (must be provided)
Email: *I wish / do not wish to receive future email communications from Cumberland AC	
Pre-entry Fee: £5:00 (affiliated) <input type="checkbox"/> £7:00 (unattached) <input type="checkbox"/>	
Entry received on the day: £6:00 (affiliated) <input type="checkbox"/> £8:00 (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.	