



# NETHERHALL 10 MILE ROAD RACE

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**SUNDAY 25 FEBRUARY 2018 @ 11.00AM**

Malcolm McDougall Memorial Race

(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:**

First three male and female finishers

Veteran male and female prizes in 5 year categories from age 35

Juniors from age 17 allowed to run.

**Pre-entries: £10.00 (affiliated) or £12.00 (unattached)**

**Entries on the day: £11.00 (affiliated) or £13.00 (unattached)**

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

Enter online: [www.bookitzone.com](http://www.bookitzone.com)

Numbers will be available for collection on the day.

## Netherhall 10 Entry Form – Sunday 25 February 2018

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:
Post Code:	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.	