

# NETHERHALL 10 MILE ROAD RACE

## incorporating the BMAF 10 mile Championships



**Cumberland AC supported by NEMAA (North East Masters Athletics)**

Malcolm McDougall Memorial

**SUNDAY 23 FEBRUARY 2014 @ 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  
 First male/female teams (10 year categories)

**(Local runners can compete in the BMAF Championship by joining Northern VAC or Veterans AA-NE)**

**Course Records:**

Male – 52:00, Ricky Lightfoot, Ellenborough AC, 2013

Female – 61:56, Lisa Finlay, Dumfries RC, 2012

**Pre-entry rates of £9.00 (affiliated) or £11.00 (unattached)**

Postal entries should be returned to Craig Kershaw, Kershaw's Health Foods, 127 Queen Street, Whitehaven

**OR Enter online:** [www.cumberlandac.org.uk](http://www.cumberlandac.org.uk) [www.ukresults.net](http://www.ukresults.net)

Entries on the day are £10.00/£12.00

**Closing date for BMAF entries 14 February 2014**

(Cheques payable to "Cumberland AC")

### Netherhall 10 Entry Form – Sunday 23 February 2014

<b>Surname:</b>	Male <input type="checkbox"/> Male Vet <input type="checkbox"/>								
<b>First Name:</b>	Female <input type="checkbox"/> Female Vet <input type="checkbox"/>								
<b>Address:</b> <b>Post Code:</b>	<b>Date of birth:</b> <b>Age on Race Day:</b>								
<b>UKA Affiliated Club Name:</b> Unaffiliated: <input type="checkbox"/>	<b>UKA Membership No:</b>								
<b>British Masters AF Club:</b>	<b>BMAF Membership No:</b>								
<b>Email:</b>									
<table style="width: 100%; border: none;"> <tr> <td style="border: none;"><b>Pre-entry Fee:</b></td> <td style="border: none;">£9:00 (affiliated) <input type="checkbox"/></td> <td style="border: none;">£11:00 (unattached) <input type="checkbox"/></td> <td style="border: none; text-align: right;">From <a href="http://ukresults.net">ukresults.net</a></td> </tr> <tr> <td style="border: none;"><b>Entry received on the day:</b></td> <td style="border: none;">£10:00 (affiliated) <input type="checkbox"/></td> <td style="border: none;">£12:00 (unattached) <input type="checkbox"/></td> <td style="border: none;"></td> </tr> </table>		<b>Pre-entry Fee:</b>	£9:00 (affiliated) <input type="checkbox"/>	£11:00 (unattached) <input type="checkbox"/>	From <a href="http://ukresults.net">ukresults.net</a>	<b>Entry received on the day:</b>	£10:00 (affiliated) <input type="checkbox"/>	£12:00 (unattached) <input type="checkbox"/>	
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<b>Signed:</b>	<b>Date:</b>								
<b>Under 18's: Parent's Signature:</b>	<b>Date:</b>								
<b>Declaration:</b> 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.									