

Cumberland AC
9th. Malcolm McDougall Memorial

Netherhall 10

10 Mile Road Race

Under ARC Rules

Sunday 28th February 2010

Start Time - 11.00am

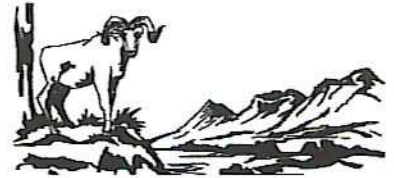
Meet - Netherhall School, Maryport

(Good Parking, Changing & Showers)

Open to all Runners, Fast or Slow, Over 17 Years of Age

ARC Permit Applied For

**CUMBERLAND
ATHLETIC CLUB**



Accurately Measured Course

ENTRANCE FEE:

£6.00 Affiliated club members

£8.00 Non club members

Cheques Payable to: "CUMBERLAND A.C."

ENTRIES TO:

Craig Kershaw

Kershaw's Health Foods

127 Queen Street

Whitehaven, Cumbria. CA28 7QF

Closing Date for Postal Entries: 21st. Feb. 2010

NO SAE Required except for travel directions

Collect numbers at registration on race day!

*Free Post Race Refreshments Plus
Extensive Prize List in all Categories*

COURSE RECORDS:

Male - 55:40 Ricky Lightfoot Ellenborough AC 2007

Female - 64:18 Philippa Jackson Keswick AC 2009

**Special prizes will be awarded to the first man under
53 mins. and the first lady under 62 mins.*

RUNNERS NOTES:

1. Runners retiring during the race **MUST** please
inform one of the race officials - this is for your safety!



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SUNDAY 28th. FEBRUARY 2010



First Two Names		
Surname		
Address		
Post Code		
Tel. No.	Home	Work

Male Female

Male Vet Female Vet

Age on Race Day

Date of Birth

Club Name/UA
(Club Vest Must be Worn)

Fee: (please tick) **£6.00** (Affiliated) **£8.00** (Unattached)

Declaration: I hereby declare that I am eligible as defined by the rules of the Association of Running Clubs 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.

Signed.....

Date.....