

Derwent Athletic Club [Cockermouth]

The Cumberland Ale 10

11:00 17 September 2017 - 10 mile Road Race

Under UK Athletics Rules - Permit Applied For - Course Measurement Cert 07/546

A ten mile road race run on scenic rural roads. The race starts and finishes at Jennings brewery in Cockermouth. An undulating course, approximately 3.5 miles out with a steep drop down to Isel bridge, a 3 mile loop returns to the bridge and then returns to Cockermouth by the initial part of the route. All finishers over the age of 18 receive a bottle of Cumberland Ale.

Runners are advised that -

- Roads are not closed for this event
- Under UKA rules the use of earphones is banned open roads
- Weather can be variable at this time of year, so they should compete using kit appropriate for the conditions on the day
- Wheelchair competitors: parts of this course are on narrow single track roads that may prove awkward if you meet an oncoming vehicle; there is also one steep climb/descent. Please contact the organiser for more detailed information

Affiliated club athletes: £9.00 Unaffiliated athletes: £11.00

Entry on the day £1 Extra

Name	Club	Date Of Birth	Age on race day	UKA Number		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		
Junior Male <input type="checkbox"/>	Male <input type="checkbox"/>	MV40-50 <input type="checkbox"/>	MV50-60 <input type="checkbox"/>	MV60-70 <input type="checkbox"/>	MV70-80 <input type="checkbox"/>	MV80+ <input type="checkbox"/>
Junior Female <input type="checkbox"/>	Female <input type="checkbox"/>	FV35-45 <input type="checkbox"/>	FV45-55 <input type="checkbox"/>	FV55-65 <input type="checkbox"/>	FV65-75 <input type="checkbox"/>	FV75+ <input type="checkbox"/>
Address			Telephone			
<input type="text"/>			<input type="text"/>			
			Email			
			<input type="text"/>			

Declaration

I hereby declare that I am eligible to compete according to U.K. Athletics laws. I declare that my participation in this event is entirely at my own risk. None of the organisers or their sponsors, members, servants or agents shall be held liable in any way whatsoever in connection with any loss, damage injury or death, caused or suffered to or by me.

Signature Date

Send completed form to:

Derwent AC, Chestnut House, The Green, Little Broughton, Cockermouth, CA13 0YG to arrive no later than 10 September 2017

Please do not send race fee - all our races are pre-entry pay on the day

Entries on the day at Castle Brewery (Jennings), Brewery Lane subject to race limit



Derwent Athletic Club [Cockermouth]

CERTIFIED ACCURATE