CUMBERLAND AC

11th Malcolm McDougall Memorial
Netherhall 10 Mile Road Race
SUNDAY 26TH FEBRUARY 2012 11AM

Netherhall School, Maryport, Cumbria, CA15 6NT

Anticlockwise course starting and finishing in Maryport, passing through Dearham, Bulgill and Crosby on the West Cumbrian coast.

Race limit 150

PRIZES: 1st THREE MEN/WOMEN-VETS MALE O/40/50/60-FEMALE O/35/45/55

1ST MALE & FEMALE TEAMS- 3 TO SCORE, PLUS BREAKING COURSE RECORDS:

Male – 53:38, Ricky Lightfoot, Blackburn AC, 2011

Female – 64:18, Philippa Maddams, Keswick AC, 2009

Entries to: Chris Neil, Cumberland AC, 81 Petteril Street, Carlisle, CA1 2AW or online at www.ukresults.net, queries to 07515 960909 or chrisneil82@yahoo.co.uk

Entry Fees: Affiliated club £6.00 (Unattached £8.00) - On the day £7.00/£9.00 (Cheques payable to "Cumberland AC")

Age Limit: 17 & Over on the day of the race **Closing Date:** Postal 20th February 2012

ENTRY FORM (Netherhall 10)

Name …… Male/Female (circle) Age on day ……

Address ……

…… Post Code ……

Contact email address/Tel No ……

Club/Unattached ……

Declaration: I declare that the above details are correct, am physically fit to take part in the event and do so at my own risk. I understand the organisers of the event will not be held responsible for any injury, sickness or loss as a result of my taking part. Details above will be used solely for this event by race organisers Cumberland AC only.

Signed …… Date ……

Please enclose a SAE to receive race number in advance. Otherwise collect on the day, receipt of entry will be confirmed by email. All online entries will be acknowledged by email & numbers to be collected on the day.