

Derwent Athletic Club [Cockermouth]

The Isel Cross

10:00 15 April 2017 - (Approx. 5.5 mile Multi-terrain)

Under UK Athletics Rule - Permit Applied For

A multi-terrain race of approximately 5.5 miles. The course starts at Cockermouth School and levels the town via Isel Road. The first 3 miles are on undulating road. After 3 miles there is a sharp turn onto an uneven track which ascends the Hay through Setmurthy woods. As runners leave the woods the path becomes grass and after a short distance begins to descend the Hay to the road. There is a final short section of road back to the School. Please note that the grass footpath can become slippery when wet particularly on the steeper sections.

Runners are advised that

- Under UKA rules the use of earphones is banned open roads
- Careful selection of footwear is necessary to suite individual needs over the varying terrain.
- When selecting appropriate clothing the highest point the course is quite exposed to the elements.
- Please note this course is unsuitable for wheelchairs

Affiliated club athletes: £6.00 Unaffiliated athletes: £8.00

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"/>			<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 08 April 2017

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

Entries on the day at Derwent AC Clubhouse, Kirkgate subject to race limit