

Derwent Athletic Club [Cockermouth]

The Lambfoot Loop 10k

19:00 4 July 2017 - 10k Road Race

Under UK Athletics Rule - Permit Applied For - Course Measurement Cert 10/012

A 10k road race run on scenic rural roads. The race starts and finishes at Cockermouth School. A hilly first 5k with one particularly steep climb, is followed by a more level second 5K with an overall descent back to the school.

Competitors are advised that

- Roads are not closed for this event.
- Under UKA rules the use of earphones is banned open roads
- Weather can be warm at this time of year, they should compete using appropriate kit, sun block etc. for the conditions on the day.
- They should make use of the water station as necessary to remain hydrated.
- Wheelchair competitors are advised that there is a particularly steep climb on a single track road.

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 Male MV40-50 MV50-60 MV60-70 MV70-80 MV80+

Junior Female Female FV35-45 FV45-55 FV55-65 FV65-75 FV75+

Address

Telephone

Email

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 27 June 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

