

Derwent Athletic Club [Cockermouth]

The Hay-O Trail

19:00 23 May 2017

Under UK Athletics Rule - Permit Applied For

This is a multi-terrain race of a little over 3.5 miles, run mainly off road on a Jack and Jill course (up and down a hill). The majority of the surface is grass with some areas of stony track and road.

Competitors are advised that

- Weather can be variable at this time of year, so they should compete using appropriate kit for the conditions on the day. In wet conditions a studded off road shoe is recommended.

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

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 16 May 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

