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Cumberland Fell Runners/BodyFit 5K Race: Saturday 10th October 2009, 9.30am

- UKAA accurately measured 5K road race (certificate number: 02/001) Race Licence applied for.
- Grasmoor Sports Centre (Cockermouth Rugby Club), Strawberry How Road (Directions: www.bodyfitpersonaltraining.co.uk)
- Fees: £4 for UKAthletics affiliated club runners Entries on day £4
£6 for unattached runners Entries on day £6
(Pre-entrants will need to pick their number up on the day, unless you've received it from me at a class or other meeting).
- Registration from 8.30am onwards, last entries taken at 9.10am. (Please note that there is a ten minute walk to the start)
- Prizes for 1st, 2nd, 3rd male and female, 1st male and female V40, V45, V50, V55, V60, (etc), 1st junior male and female and a prize for the 'lantern rouge'. Prizes only given to those who stay for prize giving
- Minimum age limit: 14 years (entrants aged 17 years or under must have entry signed by parent or guardian)
- The race will take place on roads that will not be closed to traffic. Please wear bright and/or reflective clothing
- Please bring your own pins

Race Directions:

The 5K route takes the undulating loop known as 'Four Lane Ends' in a clockwise direction

Start at Strawberry How Farm (5 minute jog/10 minute walk from registration)

Run on road turning **RIGHT** at each junction Start at Strawberry How Farm (5 minute jog/10 minute walk from registration)

Finish is at the top of the slope leading up to the club house car park

Kilometre markers are on the road in temporary orange paint

Please take care on the roads –be responsible for your safety and well being.



Please send entries to the above address

I would like to enter the **CFR/BodyFit 5K** Race and enclose £4/£6
(Cheques payable to 'BodyFit Personal Training')

Full Name: _____ Date of Birth: _____ Age: _____

Club: _____ UKAA number: _____

If you're not a club member, please put 'unattached'

Address: _____

Post Code: _____

Telephone: _____

E-Mail: _____

I am aware of the organiser's information and stipulations and I accept that any loss or injury occurring to me (or a child for whom I am responsible) during the course of the race is in no way the responsibility of the race organising team. I will abide by UKAthletics Rules of Competition

Signed: _____ Date: _____
(Signed by parent/guardian if aged 17 or under.)



Race Number (office use): _____