

BMAF 10-MILE ROAD CHAMPIONSHIPS



Sunday 26 February 2017

Starting at 11:00 am

NETHERHALL SCHOOL
Maryport, Cumbria CA15 6NT



Incorporated in the Netherhall 10 Mile Road Race

(Under UKA rules: permit applied for)

Organized by Cumberland Athletic Club

Supported by North East Masters Athletic Association

Single lap course in anticlockwise direction on mainly undulating country roads through the villages of Dearham, Bulgill and Crosby on the West Cumbrian coast

ENTRY FOR MEMBERS OF BMAF AREA CLUBS ONLY

(Men and Women over 35 years of age on race day)

All race entries taken online via the BMAF OpenTrack system

Access from the BMAF website at bmaf.org.uk, click "MEMBER LOGIN"

all members access with your email address, first time users request new password

New member registration welcomed, all completed online

technical assistance from memsec@bmaf.org

ENTRY FEES

Members of BMAF Area Club

£12.00

All competitors **MUST** have a valid UKA Competition Licence through England/Scottish/Welsh Athletics or Athletics NI and hold a British qualification (UK passport holder or UK birth certificate)

New members please register online in OpenTrack to a BMAF Area Club first; allow additional time to have your membership verified and confirmed before you will be able to make your entry (*submit scan of passport or birth certificate to the relevant Area Club Membership Secretary as instructed*)

THERE WILL BE NO LATE ENTRIES ALLOWED

BMAF Individual Awards to the first three BMAF in each five-year age group

Main race prizes to the first three male / female finishers

Veteran prizes in 5 year categories from age 35

Closing Date for all entries: Sunday 12th February 2017

Entries will not be accepted after this date. **No entries on the day.**

Enquiries to Alex Rowe alex.rowe@talktalk.net