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BodyFit "Eaglesfield Paddle" 5K Saturday 30th June 2012, 10:30am



- UKAA accurately measured 5K road race (Certificate: 10/065, Licence: 2012-103171)
- Course Record: Senior Men: Jon Fletcher, 16.11 mins (Border Harriers, 2011)
- Course Record: Senior Women: Philippa Wakefield, 19.28 mins (Border Harriers, 2011)
- Paddle School, Eaglesfield, Cockermouth, CA13 0QY: Directions: www.bodyfitpersonaltraining.co.uk
- Fees: £6 for UKAthletics affiliated club runners Entries on day £8
 £8 for unattached runners Entries on day £8
 £5 for BodyFit Class Members Entries on day £8
 Pre-entrants need to collect numbers on the day, unless you've received it from Sam Ayers at a class or other meeting
- Registration from 9:00am, last entries taken at 10:10am. Please note that it is approximately 1 mile 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: 13 (entrants 17 years or under must have form signed by parent/guardian or teacher if part of a school party)
- 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 and please do not fold, cut or mutilate the race numbers – thank you.
- Please ensure that the medical details on the back of your number are completed in full – thank you.

Race Directions:

The 5K route is an undulating anti-clockwise loop (Map: www.bodyfitpersonaltraining.co.uk)
 Start at entrance to Threlkeld Leys on the Brandlingill road (1 mile from registration)
 Run on road turning **left** at each junction
 Finish on road approaching Paddle School, approximately 1/3 mile from school
 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 **BodyFit 5K** Race (Cheques payable to 'BodyFit (Sam Ayers) Ltd')

Full Name: _____ Male/Female: _____ Date of Birth: _____

Age: _____ Club: _____ UKAA number: _____
If you're not a UKAthletics affiliated 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/teacher if aged 17 or under.)

Race Number (office use): _____