MABAC
RUNNING LEAGUE

BAF RRC
CERTIFIED ACCURATE
***SEAA*05/006**

Pre – LONDON

Cranleigh 15 miles* or 21 miles*

Held under ARC Athletics Rules – Age Limit 18 years on the day

ARC

Sunday, 25th March 2012

Event starts 9.00am.

Fee: £10.00 attached. (Affiliated to ARC or UK Athletics) £12.00 unattached.

NOTE: Please include a C5 (A5) (23cm x 16cm) SAE
(A LARGE stamp is required for A4 size envelopes – We will no longer accept **postage due excess** applications).

Entries will close last post Saturday, 4th March 2012 or when limit of 950 is reached. (Note: Last year the limit was reached four weeks prior to closing date)

Medals to all finishers

NOTE: Runners **NOT** reaching the 15-mile point within 2 hrs 45 min. **TIME LIMIT,** will be requested **NOT** to continue on the 21-mile course (CONTACT US IF THIS CONCERNS YOU)

Fifteen or Twenty One mile – the choice is yours on the day!

The course comprises two laps of approximately 9 and 6 miles on undulating, mainly rural roads. For the ***'Twenty – One'*** the second lap is repeated.
*Actual distances 15miles 335yards and 21miles 151yards Course Measurement Certificate Nos. SEAA94/030 & 031
Highly recommended as a Pre-London test.
CRANLEIGH Race HQ: O.S. Map No.187 Ref. 059390 is located between Guildford and Horsham on the B2128, which is east of the A281. Shere is to the north with Ewhurst and Dorking to the north-east.

Applied for ARC Road Race Permit

Official Use Only
(Race Number)

FIRST NAME ..... SURNAME .....

ADDRESS .....

..... POST CODE .....

Telephone Number: ..... E-mail: .....

Date of Birth: ...../...../.....Minimum Age 18 years **M**ale/**F**emale: ..... Club: .....

CHEQUES PAYABLE TO MABAC

I declare that I will only take part in the chosen event if I am fit, I am an amateur and I will not hold the organisers responsible for any loss or injury however caused.

Data protection. Your details are held on computer for our own use only and will not be passed to any third party except for publication of the results.
Unavoidable Cancellation. In the event of cancellation of the ***Cranleigh 15/21*** in circumstances beyond our control we reserve the right to deduct up to **£2**, before refunding any entry fees, to help defray our costs incurred.

Signature:.....**Date:** .....

Entries to: The Event Secretary, 18 Hitherwood, Cranleigh, Surrey, GU6 8BW

E-mail: mail@brianvine.com - Web site www.mabac.org.uk