



# MABAC RUNNING LEAGUE



Pre – LONDON

## Cranleigh 15 miles\* or 21 miles\*

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



Sunday, 20<sup>th</sup> March 2016

Event starts 9.00am.

Fee: **£12.00** attached. (Affiliated to ARC or UK Athletics) **£14.00** unattached.

NOTE: Please include a C5 (A5) (23cm x 16cm) SAE

Entries will close last post Monday, 12<sup>th</sup> March 2016 or when limit of 1,000 is reached.  
Please don't leave it to the last minute.

You can pay by Bank Transfer: Sort Code 07- 02- 46 Account No. 22977930 and include your name.

### Medals to all finishers

**NOTE:** Runners **NOT** reaching the 15-mile point within 3 hrs. **TIME LIMIT**, will be requested **NOT** to continue on the 21-mile course (*Let us know 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 262 yards and 21miles 42 yards 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. There is to the north with Ewhurst and Dorking to the north-east. Post Code: GU6 8AF NOTE: On-line entries are available through Runners World.

Road Race Permit ARC 15/036

FIRST NAME ..... SURNAME ..... Official Use Only  
(Race Number)

ADDRESS .....

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

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

Date of Birth: ...../...../.....Minimum Age 18 years Male/Female: ..... 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: ..... Bank Transfer..... Yes/No

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

E-mail: mail@brianvine.com - Web site [www.mabac.org.uk](http://www.mabac.org.uk)

Cranleigh 15/21 2016