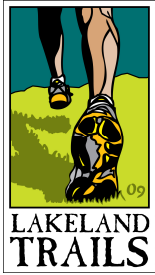


PUMA CONISTON TRAIL RACE



AND CHALLENGE

SATURDAY 3rd OCTOBER 2009
CONISTON, LAKE DISTRICT

A picturesque mountain trail following well marked and marshalled footpaths and bridleways for 15km, starting from John Ruskin School, in Coniston. There is a *Puma Challenge* for faster walkers, Nordic walkers and less competitive runners, followed by the *Puma Trail Race* for more serious runners, over the same 15km course. Children's *Fun Trails* will take place from the finish arena setting off when most of the participants have finished the *Coniston Trail*.



PUMA CHALLENGE 15km – start 13.00
Entry limit 400, time limit 3 hrs (16yrs +)

PUMA TRAIL RACE 15km – start 14.00
Entry limit 600, time limit 2 hrs (16yrs +)

ENTRY FEE FROM 21/01/09
£21.00

Pre-entry by 3rd September 2009 (if places available)

Cheques payable to : **VO2 Max Events**

Send to: Diana Taylor, VO2 Max Events,
71 Serpentine Road, Kendal, Cumbria, LA9 4PD
email : diana@vo2max.co.uk

www.lakelandtrails.org



PRIZES



SPOT PRIZES



Trail Race
1st 6 men & women,

All Trail & Challenge
finishers could win a
spot prize

1st 3 Vet Classes, 1st Team men & women

Event T-Shirt to all senior finishers
Entertainments & fantastic atmosphere.
Professionally organised by VO2 Max Events

Supporting
Coniston Mountain Rescue

PUMA CONISTON TRAIL 15K TRAIL RACE / CHALLENGE * please circle your event

Name

DOB *M/F

Address.....

Tel

Email

Club

T shirt size S () M () L () XL () please tick

Entry Fee Enclosed £.....

Final details available for download from the website on or before 03/09/09. Please enclose A5 SAE if you require a hard copy posted to you.

I accept that the organisers will not be liable for any loss, damage, action, claim, cost or expenses, which may arise in consequence of my participation in this event. I declare I will not compete unless I am in good health on the day and that I will only compete at my own risk.

Signed

Date

() please send me a sponsorship form to raise funds for Coniston Mountain Rescue