



## AND CHALLENGE

SUNDAY 6<sup>TH</sup> SEPTEMBER 2009  
KESWICK, LAKE DISTRICT

A high level mountain trail following well marked and marshalled footpaths and bridleways for 14km, starting in Keswick. There is a *Puma Challenge* for faster walkers, Nordic walkers and slower runners, followed by the *Puma Trail Race* for more serious runners, over the same 14km course. There is also 5km *Bridgedale Sport Trail* and children's *Fun Trails* will take place from the finish arena setting off when most of the participants have finished the Derwentwater Trail.



**PUMA CHALLENGE 14km – start 13.00**  
Entry limit 400, time limit 3 hrs (16yrs +)

**PUMA TRAIL RACE 14km – start 14.00**  
Entry limit 600, time limit 2 hrs (16yrs +)

**ENTRY FEE FROM 21/01/09**  
**£23.00 (Regular Entry)**  
**£13.00 (2008 entrants only)**  
Pre-entry by 6<sup>th</sup> August 2009 (if places available)

Cheques payable to : **VO2 Max Events**

Send to: Helen Lamb, VO2 Max Events,  
71 Serpentine Road, Kendal, Cumbria, LA9 4PD  
email : helen@vo2max.co.uk

[www.lakelandtrails.org](http://www.lakelandtrails.org)

☆ **PRIZES** ☆ **SPOT PRIZES** ☆

**Trail Race**  
1<sup>st</sup> 6 men & women,

**All Trail & Challenge**  
finishers could win a  
**spot prize**

1<sup>st</sup> 3 Vet Classes, 1<sup>st</sup> Team men & women

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

Supporting  
**Keswick Football Club**

**PUMA DERWENTWATER TRAIL 14K**  
**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 06/08/09. 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 .....