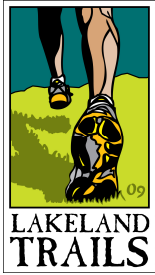


PUMA CONISTON TRAIL RACE



AND CHALLENGE

SATURDAY 2nd OCTOBER 2010
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



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 +)

EARLY BIRD ENTRY FEE : £21.00
Pre-entry by 30th June 2010 (if places available)
(Entry fee after 30th June £25.00)

Cheques payable to : VO2 Max Events

Send to: Lakeland Trails,
Unit 17A, Holme Mills Ind Estate,
Holme Mills, Carnforth, LA6 1RD
email : helen@vo2max.co.uk

www.lakelandtrails.org

☆ PRIZES ☆ SPOT PRIZES ☆

Trail Race
1st 5 men & women,

All Trail & Challenge
finishers could win a
spot prize

1st Vet Classes men & women (V40,V50,V60)

Lakeland Trails Event technical T-Shirt
worth £20.00 for 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 02/09/10. 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