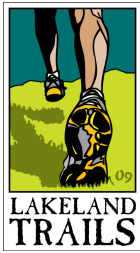


PUMA HAWKSHEAD TRAIL RACE



AND CHALLENGE

SATURDAY 24TH APRIL 2010
HAWKSHEAD, LAKE DISTRICT

"98% overall approvals rating in 2009"
(Runnersworld magazine)

A beautiful varied trail through Beatrix Potter country, following well marked and marshalled footpaths and bridleways for 15km, starting in Hawkshead village. 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 13.15
Entry limit 400, time limit 3 1/4hrs (16yrs +)

PUMA TRAIL RACE 15km – start 14.00
Entry limit 600, time limit 2 1/2hrs (16yrs +)

ENTRY FEE : £25.00
Pre-entry until 7th March 2010 (if places are available))

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 1 st 5 men & women,	All Trail & Challenge finishers could win a Spot Prize 1 st men & women Vet Classes (V40,V50,V60)
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Lakeland Trails technical T-Shirt worth £20.00
for all senior finishers

Medal to all children
Entertainments & fantastic atmosphere.

Supporting

Coniston Mountain Rescue

PUMA HAWKSHEAD 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 24/03/10. 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.