PUMA DERWENTWATER TRAIL RACE

LAKELAND TRAILS

AND CHALLENGE

SUNDAY 5TH SEPTEMBER 2010
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

PUMA
pumarunning.com

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 +)

EARLY BIRD ENTRY FEE : £21.00
Pre-entry by 31st May 2010 (if places available)
(Entry fee after 31st May £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 technical event T-Shirt worth £20.00 for all senior finishers

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 05/08/10. 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 ……