

3rd HELVELLYN TRAIL RACE



AND CHALLENGE

SATURDAY 3rd NOVEMBER 2012
GLENRIDDING, LAKE DISTRICT

"99% overall approvals rating in 2008"
(Runnersworld magazine)

A beautiful, scenic trail following well marked and marshalled footpaths and bridleways for 15km, starting in Glenridding village, and taking in the foothills of the Helvellyn massif. There is the *15km Helvellyn Trail Challenge* for less competitive runners and faster walkers, followed by the *15km Helvellyn Trail Race* for more serious runners, both following exactly the same course. A new *10km Helvellyn Trail Run* is for those wanting a shorter option. Children's *Fun Trails* will take place from the finish arena

HELVELLYN TRAIL RUN 10km – start 10.30am
Entry limit 500, time limit 2 1/2hrs (14yrs +)

CHALLENGE 15km – start 12.00pm
Entry limit 400, time limit 3 1/2hrs (16yrs +)

TRAIL RACE 15km – start 13.00pm
Entry limit 600, time limit 2 1/2hrs (16yrs +)

EARLY BIRD ENTRY FEE : £22.00
Closing date 30th June 2012
(if places are available))

Cheques payable to : VO2 Max Events
Send to: Lakeland Trails,
71 Serpentine Road, Kendal
Cumbria LA9 4PD
email : mail@lakelandtrails.org

www.lakelandtrails.org

☆ PRIZES ☆ SPOT PRIZES ☆

Trail Race
1st 3 men & women,

All Trail & Challenge
finishers could win a
Spot Prize

1st men & women Vet Classes (V40,V50,V60 & V70)

Lakeland Trails event memento
for all senior finishers
Entertainments & fantastic atmosphere.

Supporting

Fix The Fells
Cancer Care
North West Air Ambulance

3rd HELVELLYN TRAIL
15K TRAIL RACE / 15K CHALLENGE
10K TRAIL RUN
* please circle your event

Name

DOB *M/F

Address.....

Tel

Email

Club

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

Entry Fee Enclosed £.....

Numbers are collected on Race Day. Final details available for download from the website on or before 03/10/12. 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.