



2010 Series Entry Form

series entries ONLY

Full Name

Date of Birth Male/Female* Veteran over 40/50/60/70* *delete

Address
.....

Club

Tel Email

T-shirt size (tick) X Small Small Medium Large X-Large
(Finisher's technical T shirts collected when you cross the finish line)

Event (please tick) Challenge (limit 400) Trail Race (limit 600)

Early Bird Entry Rates from 03/10/09

24/04/10 **Hawkshead Trail** 15km £21.00

05/06/10 **Kentmere Trail** 17km £21.00

05/09/10 **Derwentwater Trail** 14km £21.00

02/10/10 **Coniston Trail** 15km £21.00

2010 Series Entry Discount £79.00 (saving £5.00)

TOTAL ENCLOSED £..... (cheques payable to VO2 Max Events)

Send to : Lakeland Trails, VO2 Max Events, 20 Johnson Close, Carnforth LA5 9UJ

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 these events. 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 (Parent/Guardian if under 18) Date.....