

9th KENTMERE TRAIL RACE



AND CHALLENGE

SATURDAY 26TH MAY 2012
STAVELEY, LAKE DISTRICT

Kentmere Trail Race 17km held
under FRA Rules (Permit Applied For)

"96% overall approvals rating in 2011"
(Runnersworld magazine)

A beautiful, scenic trail following well marked and marshalled footpaths and bridleways for 17km, starting in Staveley village, and taking in the amazing landscape of the Kentmere valley. There is the *17km Kentmere Challenge* for less competitive runners and faster walkers, followed by the *17km Kentmere Trail Race* for more serious runners, both following exactly the same course. A brand new course of **10km Kentmere Trail Run** taking place in the morning for those wanting a shorter option. Children's *Fun Trails* will take place from the finish arena

KENTMERE TRAIL RUN 10km – start 11.00
Entry limit 500, time limit 2 hrs (16yrs +)

CHALLENGE 17km – start 13.00
Entry limit 500, time limit 3 3/4hrs (18yrs +)

TRAIL RACE 17km – start 14.00
Entry limit 500, time limit 2 3/4hrs (18yrs +)

ENTRY FEE : £26.00
Entry closing date 26th April 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 5 men & women,

All Trail & Challenge
finishers could win a
Spot Prize

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

Lakeland Trails technical T-Shirt worth £20.00
for all senior finishers
Entertainments & fantastic atmosphere.

Supporting

Kendal Mountain Rescue
Fix The Fells
Cancer Care
North West Air Ambulance

9th KENTMERE TRAIL
17K TRAIL RACE / 17K 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 26/04/12. 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.