

4th CARTMEL TRAIL RACE



AND CHALLENGE

SATURDAY 17th MARCH 2012
 CARTMEL RACECOURSE
 LAKE DISTRICT

Under TRA Rules (permit applied for)

A *Beauty & Beast* of a trail following waymarked and marshalled footpaths. There is the **18km Cartmel Trail Race** for the serious guys, with the **18km Cartmel Trail Challenge** for less competitive runners, faster walkers and Nordic walkers. A **10km Sticky Toffee Trail Run** in the morning is for those who want something short and sweet. Children's *Fun Trails* will take place from the finish arena

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

CHALLENGE 18km – start 13.00
 Entry limit 500, time limit 3 1/2hrs (17yrs +)

RACE 18km – start 14.00
 Entry limit 500, time limit 2 1/2hrs (17yrs +)

ENTRY FEE : £26.00
 Entry Closing Date 21st February 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 event T-Shirt memento and locally produced sticky toffee pudding for all senior finishers

Entertainments & fantastic atmosphere.

Supporting

**Bay Search and Rescue
 Cancer Care
 North West Air Ambulance**

CARTMEL TRAIL

**STICKY TOFFEE TRAIL RUN 10K
 RACE 18K / CHALLENGE 18K**
 * 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 17/02/12. 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