

8th CONISTON TRAIL RACE



AND CHALLENGE

SATURDAY 6th OCTOBER 2012
CONISTON, LAKE DISTRICT

Coniston Trail Race 15km held
under FRA rules (permit applied for)

A picturesque mountain trail following well marked and marshalled footpaths and bridleways for 15km, starting from John Ruskin School, in Coniston. There is the **15km Coniston Trail Challenge** for less competitive runners and faster walkers, followed by the **15km Coniston Trail Race** for more serious runners, both following exactly the same stunning course.

NEW for 2012! – a brand new **Coniston Trail Run 10km**, taking in stunning views of Coniston Water and setting off at 11.00am.

Children's **Fun Trails** will take place from the finish arena

Coniston Trail Run 10km – start 11.00am

Entry limit 500, time limit 2hrs (16yrs +)

CHALLENGE 15km – start 13.00

Entry limit 500, time limit 3 1/2hrs (18yrs +)

RACE 15km – start 14.00

Entry limit 500, time limit 2 1/2hrs (18yrs +)

EARLY BIRD ENTRY FEE : £22.00

Early bird entry 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 5 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

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

CONISTON TRAIL
15K RACE / 15K CHALLENGE

10K 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 06/09/12. 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.