

7th HAWKSHEAD TRAIL



SATURDAY 28th APRIL 2012
HAWKSHEAD, LAKE DISTRICT

Hawkshead Trail Race 17km held
under FRA Rules (permit applied for)

A tough, beautiful varied trail through Beatrix Potter country, following well marked and marshalled footpaths and bridleways for 17km, starting on Hawkshead Show Ground. There is the **Hawkshead Trail Challenge 17km** for less competitive runners and faster walkers, followed by the **Hawkshead Trail Race 17km** for more serious runners, over exactly the same course.

NEW for 2012! – a brand new **Hawkshead Trail Run 10km**, taking in the infamous “Coffin Trail” and setting off at 11.00am. Children’s **Fun Trails** will take place from the finish arena

Hawkshead Trail Run 10km – start 11.00am
Entry limit 500, time limit 2hrs (16yrs +)

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

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

ENTRY FEE : £26.00
Entry closing date 28th March 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 All Trail & Challenge
1st 5 men & women, 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

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

HAWKSHEAD TRAIL
TRAIL RUN 10KM
17KM RACE / 17KM CHALLENGE
*** 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 28/03/12. 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

