



Flamco

“Cry God for Rod, Langdale and Saint George!”
(Henry V 1599, and Rod 2005)

THE ST.GEORGE’S DAY 10km ROAD RACES **£12 unattached runners / £10 club runners**

SATURDAY 17th and SUNDAY 18th APRIL 2010 – 12noon start
3 KM FUN RUN 11.15am - ENTRY ON THE DAY. £3
SUITABLE FOR PRAMS & WHEELCHAIRS (BUT SORRY NO DOGS)

Start and Finish at the Sticklebarn Tavern, Great Langdale, Nr Ambleside, Cumbria (B5343 Road).
A beautiful undulating run along Englands most beautiful valley. T-shirt to all finishers. (Medal & Ice Cream to Fun Run Finishers). Prize list, first 5 men, first 5 ladies, Vets in 5 years age groups (up to and including 80 year olds!). Team prizes first 3 to count and local prizes. £50 Cash Prize for New Course Record

Limit 600 runners each day. Closing date, if limit is not reached sooner, 10/04/2010.
No late entries unless limit not reached (£12)
(please check www.run3.co.uk or www.ukresults.net for numbers of places available.)

Course Records: Ewan Malloch, Team Bath AC: 30.28
Susan Partridge, Leeds City AC: 33.51

Provisional Dates
Great Langdale Marathon & 1/2 Marathon - 25 Sept 10
Christmas Pudding 10k Run - 11th & 12th December 10

Changing facilities (no showers, but beck & waterfall nearby!) FREE PARKING at start/finish for early arrivals
St John Ambulance, mile markers, drinks station, marshals and refreshments available.

ARC Permit applied for

ENTRY FORM for St.George’s Day 10km Road Races

Please tick appropriate box:

Sat 17th April **Sun 18th April** **Both**

(Please use BLOCK CAPITALS)

Surname..... First name.....

Address.....

Telephone Number..... Date of Birth.....

Age on race day..... Sex: M / F

Running Club..... Accommodation List RequiredYES / NO

Please make cheques payable to: LANGDALE MARATHON. Please send a **Largeish S.A.E. with correct stamps** to receive race number & instructions – no S.A.E. no reply!

PLEASE SEND YOUR COMPLETED ENTRY FORM TO:

Rod Berry, 27 Greenbank Rd, Ambleside, Cumbria, LA 22 9BG

I am an amateur under UKA rules. I am 15 years of age or over, and shall do everything to ensure the safety of myself, other competitors and other road users during the race. I will not hold the organisers responsible for any injury, sickness or loss as a result of my taking part.

SIGNED..... **DATE**

In the unlikely event the race does not go ahead the organisers may not refund all or part of your entry fee

Race Numbers not transferable