

**“I am running a long way to the island valley of Great Langdale. Where falls not hail,
nor rain, or any snow and never the wind blows loudly”**
(Tennyson, Shakespeare, Rod)

**THE SPECTACULAR GREAT LANGDALE MARATHON
& ½ MARATHON ROAD RACES**



LANGDALE

Sunday 24th September 2006

Start times: Marathon - 11.30am
½ Marathon - 11.45am, 2km Fun Run (Flat Course) - 11.00am

New Venue

Both races will start and finish near the Sticklebarn Tavern / New Dungeon Ghyll Hotel, Great Langdale near Ambleside. There will be off road parking near the start/finish area. Hot and cold food available. There will be a commemorative medal, a certificate AND t-shirts for finishers in the Marathon, and a certificate and t-shirts for the half marathon finishers. Results service, Mile markers, drink stations and the St John Ambulance service and sweep vehicle !

**Entry Fee: Marathon - £15.50, ½ Marathon - £12.50,
Fun Run £2 (medals for all plus ice cream for kids)
(Club runners less £2.00, but not for fun run)**

There is a RACE LIMIT of 500 entrants
Generous Prize List in All Categories
UK Athletics Permit Applied for

The closing date is:

Monday 15th September

NO LATE ENTRIES OR ON THE DAY EXCEPT FUN RUN

Join an Elite Band of Brothers and Sisters and become part of Lakeland Folklore!

Visit our website www.greatlangdaleraces.org.uk

NEXT RACE ... Christmas Pudding 10K on Sunday 17th December 06

Please cut along the dotted line (I don't need the top bit!).

ENTRY FORM

(Please use BLOCK CAPITALS)

Marathon (tick) ½ Marathon (tick) Fun Run (tick)

Surname..... Christian name.....

Address.....

Telephone Number..... Club.....

Age on Race Day..... Sex M / F

D.O.B..... N of E Reg No.....

Cheques are to be made payable to **LANGDALE MARATHON**. Please send a **LARGE S.A.E.** to receive your race number before the day. Race numbers and more details will be sent nearer the date.

PLEASE SEND YOUR COMPLETED ENTRY FORM TO: - Rod Berry, Far End, Endmoor, Kendal, Cumbria, LA8 0EW. Tel: 015395 61798 Please book accommodation very early, it's going to be 'chocker'!

I take part in the event at my own risk and will not hold the organisers responsible for any loss, injury or sickness arising from my taking part, and in the unlikely event of the race not taking place, the organisers may not refund all or part of my entry fee & will do everything to ensure the safety of myself & other road users during the race

SIGNED..... DATE