

"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 & 1/2 MARATHON ROAD RACES



Heart of the Lakes
THE LAKE DISTRICT'S PREMIER HOLIDAY COTTAGE COMPANY

Sunday 16th September 2007



LANGDALE

Start times: Marathon - 12noon
1/2 Marathon - 12noon, 2km Fun Run (Flat Course) - 11.15am

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, 1/2 Marathon - £12.50,
Fun Run £2** (medals for all plus ice cream for kids)

There is a RACE LIMIT of 500 entrants

Generous Prize List in All Categories - Plus £100 Cash for breaking Marathon Record and £50 for breaking 1/2 Marathon Course Record.
1/2 Marathon Team Prizes - ladies & men 3 to count

The closing date is:

Saturday 8th September 07

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 Saturday 15th December AND Sunday 16th December 07 at 12noon

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



ENTRY FORM

(Please use BLOCK CAPITALS)

Marathon (tick) 1/2 Marathon (tick) Fun Run (tick)

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

Address.....
.....
.....

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

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

D.O.B..... Accommodation list required? Yes 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, 27 Greenbank Rd, Ambleside Cumbria, LA 22 9BG Tel: 015394 31048 **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**