



LANGDALE



“The long and winding road, that leads me to your door-I’ve run that road before”, so why not take part in the Britain’s most scenic race?

GREAT LANGDALE MARATHON, 1/2 MARATHON & 3KM FAMILY FUN RUN

SUNDAY 14TH SEPTEMBER 2008 - Marathon & 1/2 Marathon 12 Noon, Fun Run 11.15am PROMPT!

* (This is the 20th anniversary of the Half Marathon, a commemorative T Shirt, with all the entrants names, will be printed, so long as entered before 1 Sep 08)

Entry Fees: MARATHON - £15.50. Half Marathon -£13.00. FUN RUN £2.50. Entry on the day.

All Races start and finish at the Stickle Barn Tavern, Great Langdale Nr. Ambleside, which is approx 5 miles down the B3543 Road off the A593 Coniston Rd. There is off road Parking near Start/Finish. Hot & Cold food is available.

AWARDS: T-shirt, Medal & certificate for finishers in the Marathon commemorative T-shirt and certificate in the Half Marathon. Medal and Ice-Cream for kids in the fun run.

Results Service www.ukresults.net or www.greatlangdaleraces.org.uk. Mile Markers, Marshals, Drinks Stations. St. John ambulance Stations and sweep vehicle. There is a Race limit of 500 Entrants. Closing date 1 Sep 08. No late entries or on day (except Fun Run)

Generous Prize list – first 5 men, first 5 ladies - plus Vets in 5 year age groups & Team Prizes for Half Marathon 3 to Count.

“You have not run a Marathon until you have done Langdale” Allan Kay 100 Marathon Runners Club.

£100.00 Cash Prize for Marathon Record (Currently 2hrs 55 min 11 sec)
£50.00 Cash Prize for Half Marathon Record (Currently 1 hr. 12 min 32 sec)

PROVISIONAL DATES:

Christmas Pudding Runs Sat 13th & 14th Dec 08. St. Georges Day 10 K Sat 18th Apr 09

Entry Form for the Great Langdale Marathon tick 1/2 Marathon tick on 14th September 2008

First name(s) _____ Surname _____

Address _____

Club (if Any) _____ Tel No. _____
Age on Race Day _____ Date of Birth _____ Sex _____ M/F (Delete)

Cheques Payable to “Langdale Marathon” Please send large ish S.A. E. No Envelope no reply. You will receive your Race number & Instructions nearer the date. Forms to Rod Berry, 27 Greenbank Road, Ambleside, Cumbria LA22 9BG

Tel 015394 31048 (if necessary).

I take part in the Event at my own risk and will not hold the organisation responsible for any loss, injury or sickness from my taking part and, in the unlikely event of the Race not taking place, the organisation may not refund all or part of my entry fee and I will do everything to ensure the safety of myself and others.

Signed _____

No exchanging of numbers or refunds for non-participation