www.langdale.co.uk

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

(road races)

"Old men (and women) forget—but all will be forgot, but you will remember with advantage what deeds you did this day - then can you strip your sleeves and show your scars and say ' These wounds I did on Langdale's Day!!' Henry V & Rod
(Help the 'Rocket' celebrate his 75th Birthday)

SATURDAY 24th SEPTEMBER 2011 - Marathon & 1/2 Marathon **12Noon**, Fun Run **11.00am** PROMPT!

The fun run is flat, suitable for prams and wheelchairs but sorry NO Dogs!

Entry Fees: MARATHON - £17. Half Marathon - £14. Less £2 for attached Club Runners (FUN RUN £3.00. Entry on the day)

All Races start and finish at the Stickle barn Tavern, Great Langdale Nr. Ambleside, LA22 9JU which is approx 5 miles down the B5343 Road off the A593 Coniston Rd. There is free off road Parking near Start/Finish. Hot & Cold food is available.

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

Results Service **www.greatlangdaleroadraces,co.uk** Mile Markers, Marshals, Drinks Stations. St. John ambulance Stations and sweep vehicle. There is a Race limit of 600 Entrants. Closing date 17th September 2011
If there are any place left on the day a surcharge of £2 will apply (but not for fun run)

Generous Prize list – first 5 men, 1st Five ladies- plus Vets in 5 year age groups & Team Prizes for Half Marathon 3 to Count. Prize to all o/60 in Marathon and all o/70 in Half Marathon

"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 41 min 55 sec)

PROVISIONAL DATES:
Christmas Pudding Runs Sat 10th & 11th Dec 11. St. Georges Day 10 K 22nd Apr 2012

Complete Entry form or enter online at **www.greatlangdaleroadraces,co.uk** (£1 additional charge for online entries)

Entry Form for the Great Langdale Marathon tick ☐ 1/2 Marathon tick ☐ on 24th September 2011

SURNAME _____ First Name _____

Address _____

_____

Email Address _____

Club (If Any) _____ Tel No. _____

Age on Race Day _____ Date of Birth_____ Sex____ M/F Accommodation List required Yes / No

Cheques Payable to "Langdale Marathon" Please send large ish S.A. E. with correct postage stamps. No Envelope no reply. You will receive your Race number & Instructions nearer the date. Forms to: Rod Berry 27 Greenbank Rd, Ambleside, Cumbria LA22 9BG

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, will do everything to ensure the safety of myself and others.

Signed _____

No refunds for non-participation. Race numbers may be exchanged by arrangement with race results marshal on the day by 11.00am