



REPRINT



Flamco



“And Englishmen (and women) now a’bed will think themselves cursed they did not run with us on this day!”  
- Henry V & Rocket Rod -

**THE ST. GEORGE’S DAY 10km ROAD RACES**  
£14 unattached runners / £12 listed club runners/ £20 for both days

**SATURDAY 21st APRIL & SUNDAY 22nd APRIL 2012 – 12noon starts**

3 KM FUN RUN 11.00am - 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). LA22 9JU  
A beautiful undulating run along England's 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. Closing date, if limit not reached sooner, 14/04/2012. No late entries or entries on the day (except fun run).

**www.greatlangdaleroadraces.co.uk**

Please check this website for number of places available and latest news.

Course Records: Ewan Malloch, Team Bath AC: 30.26 & Lizzie Adams, Hallamshire Harriers and Ulverston: 33.17

Provisional Dates Marathon & 1/2 Marathon - 22/09/2012. Christmas Pud 10k - 15/12/2012 & 16/12/2012



Complete entry form or enter online at [www.greatlangdaleroadraces.co.uk](http://www.greatlangdaleroadraces.co.uk) (Additional £1 charge for online entries) Race numbers and info will be posted to you.  
Race numbers not transferable. No refunds for non-participation.

Entry Form **ST. GEORGE’S DAY 10km** Sat 21st April 2012 tick  Sun 22nd April 2012 tick

I enclose a cheque for £14  £12  £20

SURNAME \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Club (If Any) \_\_\_\_\_

Tel No. \_\_\_\_\_

Age on Race Day \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex \_\_\_ M/F (Delete)

Email Address \_\_\_\_\_

T-Shirt Size Small  Medium  Large  Xlarge

Accommodation List Required? Y / N

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. Race numbers can be swapped on the day with the results secretary at no charge. No refunds for non-participation.

Signed \_\_\_\_\_