



Penrith Rotary Club 10k

Sunday 9th October 2011

In Lowther Park, near Penrith

10km Trail Run (11.00am) & 4km Fun Run (11.05am)

By Kind Permission of the Lowther Estates Trust

Sponsored by A.W. Jenkinson Forest Products

In aid of the Great North Air Ambulance, Diabetes UK Penrith District & other good causes

10km (approx.) Trail Run: superb one lap course amid the wonderful scenery of Lowther Park, on grass, farm tracks and tarmac. Normal road shoes are adequate.

4km (approx.) Fun Run: one lap on grass within an enclosed area adjacent to the Park

Race HQ and Start at Lowther Parish Hall, Hackthorpe Village, just off A6 4km south of Penrith. Free parking, changing facilities and toilets.

Age Limits for the 10km Trail Run, 15 or over. Family Fun Run event, entrants aged 14 or under must be accompanied by a responsible adult.

Light refreshments hot drinks and food will be available at the finish.

St John's Ambulance in attendance; all routes clearly marked and marshalled.

Prizes 10km awarded to first 3 juniors (aged 15 to 17) first 3 men, first 3 ladies, first vet 40 M&F, first vet 50 M&F, and first vet 60 M&F. 4km Run, first three finishers. Commemorative mementos to all finishers.

For more information please check out "Events" on Penrith Rotary Club website at www.penrithrotary.org.uk or Email penrithrotaryrun@googlemail.com

Entry Fees: 10km Trail Run £9.00 4km Fun Run £5.00 £1.00 extra on day.

Enter online: www.shoestringresults.com

Postal entries:✂.....✂.....✂.....✂.....✂.....✂.....✂.....
Please enter me (circle) **10km Trail Run** **4km Fun Run/Walk**

Leave Blank

NameMale..... Female.....Age on Day.....

Address.....

.....Post Code.....

Telephone No.Email.....

Running Club (if you are a Club member).....

I declare that I am medically fit to take part in my chosen event and confirm that I enter at my own risk. I understand that the events are on uneven surfaces. I also understand that neither the organisers nor any sponsors are responsible for and injury, illness or harm incurred by me during, or as a result of, the event. Nor are they responsible for any of my personal property lost, stolen or damaged.

I also agree that the organisers may amend any of the event details without notice and that, in the unlikely event that my chosen event is abandoned or cancelled, or if I do not participate after registering, my entry fee may be retained for the Appeal.

Postal entries: Rotary Run Organiser, Lake View Farm, Watermillock, Penrith. CA11 0JH

Make cheques payable to "Penrith Rotary Club" for £9.00 (Trail Run) or £5.00 (Fun Run). We will acknowledge by email. If you wish to receive written acknowledgment please send s.a.e.

Signed Date.....