



Britain's most beautiful road race
Great Lakeland hospitality
Collectable Mementos

5th March 2006

Start: 11:00

New Balance and Eden Runners invite you to the 5th running of this race in the heart of the Lake District

Haweswater Half Marathon 2006

UK Athletics Rules – Certified Course - Minimum age 17

The 5th anniversary of this out and back course departs Bampton village and passes along the shores of Haweswater via Mardale Head in a remote and dramatic mountain valley. It is not a race for the fainthearted but has attracted increasing numbers of runners each year. Free souvenir race mug, and tea or coffee at the finish, plus other refreshments for sale. Quality T-shirts can be ordered beforehand. The race venue is Bampton Village Hall – nine miles south of Penrith, and

five miles west of Shap and the M6. Full electronic timing will be used and online entry is available. We may also run a free kids race as well depending on demand.



Details

Entry fees: £10 for UK Athletics members, £11 for non-members. Entry on the day is £12 for everyone. For clubs -one free place per ten runners if applications arrive together.. Online entry via www.activeeurope.com.

The race is limited to 500 runners. Closing date for postal entries is 18th Feb 2006. Enter online or please send a 9in x4in SAE for race number and information. Race numbers and details will be posted out after 26th February. If the limit of 500 is not reached by the closing date, entries will be available

on the day between 09:30 and 10:30. Details of availability will be on the website. Enter early as demand for places will be high, and we can not guarantee mugs to those people entering on the day. You can download more forms or enter online from the Eden Runners website:

www.edenrunners.co.uk

Records

Men: Rodri Jones 1:10:02

Women: Sarah Carson 1:19:15

Prizes

1st,2nd,3rd Male/Female. 1st Male, Female in V40, V50, V60 and V70. Club with most entries and spot prizes.



Haweswater Half-Marathon 2006

Instructions

Please complete the form and return it to the address shown. You may prefer to photocopy the front page to keep the race details. Deadline for receipt of postal entries is 18th February 2006. After that it will be entry on the day only. Judging on last year we expect to be full. Any questions to:

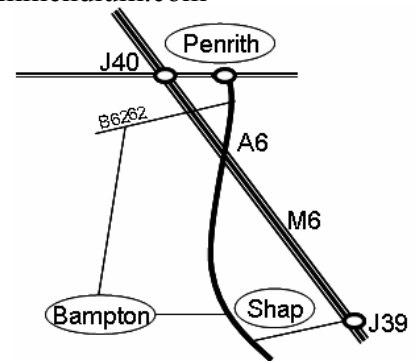
Race Director: Richard Walters, Mill House, Lazonby, Penrith, CA10 1BL

Tel: 07801017221 before 21:00 hrs only or email: richard.walters@commendium.com

How to get to Bampton?

Haweswater is perhaps the quietest of Lakeland Valleys and is situated in the north eastern part of the Lake District National Park. It is very easy to get to; Bampton is nine miles south of Penrith (A66/ A6/M6 junction 40) and four miles from Shap. The M6 junction 39 (via Shap) is just five miles away. Grid Ref NY516182.

Please share cars, parking is limited.



Please return this part only to: *HHM: Mill House, Lazonby, Penrith, CA10 1BL*

Cheques to 'Eden Runners': £10 for UKA club members or £11 non-affiliated. Please Enclose 9 x 4in SAE. (Club entries—one free place per ten runners, one cheque, posted together, separate forms please)

Name _____ Male/female _____ Age on race day _____

Address _____

Postcode _____

Telephone _____ Club _____ NoE UKA Reg No _____

Email _____

Please order me a T-shirt _____ Size _____ (S/M/L/XL), Price £8. (Payable now please)

Please enter me for The Haweswater Half Marathon 2006. I declare that I enter at my own risk and the Organisers will not be held liable for any damage or injury caused by my participation.

Signed _____ Date _____

