



**Eden Runners invite you to the 9th  
running of this scenic race in the heart  
of the Lake District**



## HAWESWATER Half-Marathon



# Sunday 7th March 2010 11.30 am

The Haweswater Half follows an out and back course from Bampton Village (9 miles S of Penrith, 4 miles W of Shap) and passes along the shores of Haweswater in a remote and dramatic mountain valley. The hilly course offers an exhilarating run in unique surroundings.

### DETAILS

**£12 UKA affiliated**

**£14 unattached**

**£15 on the day  
(limited nos.)**

**closing date 26th February 2010**

Enter online at [www.ukresults.net](http://www.ukresults.net) or by filling in the form below

Send completed entry forms to: Haweswater Half Marathon, c/o UKResults, 1 Sutton Street, Blackburn, Lancs BB2 5ES

For all other enquiries e-mail Julia: [joolsk@btinternet.com](mailto:joolsk@btinternet.com)

Cheques payable to Eden Runners. Please enclose an A5 SAE with correct postage!

All competitors receive a New Balance discount voucher and a race memento.  
Prizes: 1st, 2nd, 3rd Male & Female, 1st V40, V50, V60 and V70 Male and Female.

Limited parking  
on-site: please lift  
share if you can!

For more information, including directions, parking and accommodation for the race, visit  
[www.edenrunners.co.uk](http://www.edenrunners.co.uk)

See [www.edenrunners.co.uk](http://www.edenrunners.co.uk) for Junior Race details (entries on the day only).

*Held under UKA rules, NoEAA permit applied for, distance certified accurate.*

### ENTRY FORM

**Name:** \_\_\_\_\_

**Age on race day:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Male/Female:** \_\_\_\_\_

**Tel:** \_\_\_\_\_

**UKA Reg. Number:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Club:** \_\_\_\_\_

**How did you hear about the race?** \_\_\_\_\_

*I hereby declare that I am an amateur according to UK Athletics rules and am 17 years or over. I enter at my own risk and will not hold the organisers or sponsors liable for any damage or injury caused by my participation.*

**Signed** \_\_\_\_\_

**Date** \_\_\_\_\_