



## Eden Runners invite you to the 17<sup>th</sup> running of this scenic race in the heart of the Lake District

Held under UKA rules, EA permit, distance certified accurate.

### SUNDAY 5 MARCH 2017 11.30am

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. This hilly course offers an exhilarating run in unique surroundings.

#### DETAILS

**£15.00** UKA affiliated; **£17.00** unattached;  
**£18.00** on the day (limited numbers)  
Closing date 25 February 2017

**Enter online at [www.BookitZone.com](http://www.BookitZone.com) or by filling in the form below.**

#### Send completed entry forms to:

Haweswater Half Marathon, c/o UK Results, 1 Sutton Street, Blackburn, Lancashire. BB2 5ES.  
Cheques payable to Eden Runners. Please enclose an A5 SAE with correct postage!

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

**All competitors will receive one of our unique mugs (with tea and a flapjack!)**

Prizes: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Female, 1<sup>st</sup> V40, V50, V60, V70 Male and Female.

#### LIMITED PARKING please lift share if you can.

For more information, including directions 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)

#### ENTRY FORM

NAME: \_\_\_\_\_

ADDRESS : \_\_\_\_\_

\_\_\_\_\_

TEL : \_\_\_\_\_

\_\_\_\_\_

E-MAIL: \_\_\_\_\_

AGE on race day: \_\_\_\_\_

M/F: \_\_\_\_\_

UKA REG NO: \_\_\_\_\_

CLUB: \_\_\_\_\_

DOB: \_\_\_\_\_

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 organizers or sponsors liable for any damage or injury caused by my participation.

Signed

Date