

SUPPORTING LOCAL CHARITIES

12TH ANNIVERSARY



COLWORTH MARATHON CHALLENGE

At the Colworth Sports Clubhouse,
Yelow Lane, Sharnbrook, Bedfordshire

3 RACES IN 3 DAYS

FRIDAY 21 JUNE 2013 - 7.00pm

31st Colworth 5 (Multi-terrain)

SATURDAY 22 JUNE - 12 noon

Trail Race 8.1m (Cross-country)

SUNDAY 23 JUNE - 10.30am

Half Marathon (Multi-terrain)

Special awards for completion of all 3 races

- Traffic free in beautiful countryside
- Free camping
- Race limits apply
- Colworth 5 is **NO ENTRY ON THE DAY.**

For full details and entry forms write to:-

Box 10 Post room, Unilever Colworth,
Sharnbrook, Bedford MK44 1LQ

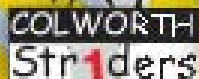
or

colworthstriders@hotmail.com

www.colworthstriders.org.uk

You can enter online at

www.runnersworld.co.uk



see website
for details



Surname:.....

First Name:.....

Age on 21 June 2013:.....

Male/Female:.....

Unilever Employee? (Y/N):.....

Club/Team:.....

*for details of the Team Challenge see
www.colworthstriders.org.uk*

Address:

.....
.....

Postcode:.....

Tel. No.

Email:.....

CAMPING: If you intend to camp, please fill in the boxes below:

Number of people

Number of tents

for further camping details email us at colworthstriders@hotmail.com

I wish to enter (please tick all boxes which apply):

The 31st Colworth '5' – 7:00pm Friday 21 June

Entry fee £8 until 31 March - £9 from 1 April - **no entries on the day**
16+ only - race limit 400

The Colworth Trail Race 8.1 – 12 noon Saturday 22 June

Entry fee £9 until 31 March - £10 from 1 April - £12 on the day
18+ only – race limit 200

The Colworth Half Marathon – 10:30am Sunday 23 June

Entry fee £12 until 31 March - £13 from 1 April - £15 on the day
18+ only - race limit 200

Under 16 and Children's events will be held on Friday 21 June before the Colworth 5

Entries received after 5:00pm Friday 14 June will be held for collection

DON'T FORGET TO ENCLOSE YOUR CHEQUE (PAYABLE TO "COLWORTH STRIDERS")

I am medically fit to run and fully understand that I enter at my own risk and that the organisers cannot be held responsible for any illness or injury incurred during or as a result of my participation in any of these events.

Signed:

Date:.....

Send to: PO Box 10, Unilever Colworth, Sharnbrook, Bedford MK44 1LQ