

IN AID OF LOCAL CHARITIES

7TH ANNIVERSARY



# MARATHON CHALLENGE

## 3 RACES IN 3 DAYS

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

**FRIDAY 20 JUNE 2008 - 7.00pm**  
**26th Colworth 5 (Multi-terrain)**

**SATURDAY 21 JUNE - 12 noon**  
**Trail Race 8.1m (Cross-country)**

**SUNDAY 22 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](mailto:colworthstriders@hotmail.com)  
[www.bedfordharriers.co.uk](http://www.bedfordharriers.co.uk)

You can enter online at  
[www.runnersworld.co.uk](http://www.runnersworld.co.uk)



see website  
for details

Surname:.....

First Name: .....

Age on 20 June 2007:.....

Male/Female: .....

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

Club/Team: .....

*for details of Team Challenge see  
www.bedfordharriers.co.uk*

Address / Colworth Unit No./Name:

.....

.....

..... 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 boxes which apply):

**The 26<sup>th</sup> Colworth '5' – 7:00pm Friday 20 June**

Entry fee £7 - **no entries on the day** - 16+ only - race limit 400

**The Colworth Trail Race 8.1 – 12 noon Saturday 21 June**

Entry fee £8 (£10 on the day) - 18+ only – race limit 200

**The Colworth Half Marathon – 10:30am Sunday 22 June**

Entry fee £10 (£12 on the day) - 18+ only - race limit 200

**Under 16 and Children's events will be held on Friday 20 June before the Colworth 5**

**Entries received after 5:00pm Friday 13 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**