

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
www.bedfordharriers.co.uk

You can enter online at
www.runnersworld.co.uk



see website
for details

Surname:.....

First Name:

Age on 20 June 2008:.....

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 26th 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**