IN AID OF LOCAL CHARITIES

8TH ANNIVERSARY

MARATHON CHALLENGE

3 RACES IN 3 DAYS

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

FRIDAY 19 JUNE 2009 - 7.00pm
27th Colworth 5 (Multi-terrain)

SATURDAY 20 JUNE - 12 noon
Trail Race 8.1m (Cross-country)

SUNDAY 21 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

COLWORTH Str1ders



see website for details

Surname:..... First Name: .....

Age on 19 June 2009:..... Male/Female: .....

Unilever Employee? (Y/N):..... Club/Team: .....
for details of Team Challenge see www.bedfordharriers.co.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 boxes which apply):

The 27th Colworth '5' – 7:00pm Friday 19 June ☐
Entry fee £7 - **no entries on the day** - 16+ only - race limit 400

The Colworth Trail Race 8.1 – 12 noon Saturday 20 June ☐
Entry fee £8 (£11 on the day) - 18+ only – race limit 200

The Colworth Half Marathon – 10:30am Sunday 21 June ☐
Entry fee £10 (£13 on the day) - 18+ only - race limit 200

Under 16 and Children's events will be held on Friday 19 June before the Colworth 5

Entries received after 5:00pm Friday 12 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