

# THE GREAT CUMBRIAN RUN 2010



10am, Sunday 10th October 2010, starting from Carlisle Castle

Name .....

Address .....

Post Code ..... Tel no.....

Date of birth ..... Age on race day .....

Email address.....

**Email required so we can send Cumbrian Run updates.**

UKA Club (if any) ..... Sex:  M  F

**Please tick as applicable. I wish to enter the following:**

**Half Marathon** Over 17's only

£18.50 (AAA £16.50)

**Starts 10.00am**

Please tick your T-shirt size: S  M

(1/2 marathon runners only) L  XL

Please tick here if you do not wish to be contacted by run sponsors

Cheques should be made payable to: **Carlisle Leisure Ltd.**

Please send this application form with appropriate payment to:

**The Great Cumbrian Run, The Sands Centre, Carlisle CA1 1JQ.**

Completed forms must be accompanied by a large A4 stamped addressed envelope (Postage - 47p second class, 61p first class)

I declare that my participation in this event is entirely at my own risk and that none of the organisers and sponsors of this event nor their members, servants or agents shall be held liable in any way whatsoever in connection with any loss, damage, injury or death either caused to, suffered by, or caused by me. Please note that Carlisle Leisure Ltd may use images of runners and spectators taken on the day to promote activities in the region. Please contact [gcr@carlisleleisure.com](mailto:gcr@carlisleleisure.com) if you do not wish your image to be used.

Signed ..... Date.....

Parent or guardian must counter sign for children under 18 years

**This early application offer will only be available until midnight on the 5th of April 2010**

