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BodyFit Lorton School 10K

Saturday 24th March 2012 11:00am



- UKAA accurately measured 10K road race Certificate Number: **12/039** Race Licence: **6800**
- Course Record: Senior Men: None – new course
- Course Record: Senior Women: None – new course
- Lorton School, High Lorton, CA13 9UL Directions: www.bodyfitpersonaltraining.co.uk
- Fees: £7 for UKAthletics affiliated club runners Entries on day £9
- £9 for unattached runners Entries on day £9
- £6 for BodyFit Class Members Entries on day £9
- Pre-entrants need to collect numbers on the day, unless you've received it from Sam Ayers at a class or other meeting
- Registration from 9:30am, last entries taken at 10:45am. Please note: 5 minute walk to the start from HQ
- Prizes for 1st, 2nd, 3rd male and female are **sponsored by Up and Running of Keswick: 017687 75908**
- 1st male and female V40, V50, V60, V70, 1st junior male and female will also be provided, plus spot prizes donated by local businesses. Prizes only given to those who stay for prize giving.
- Minimum age limit: 15 (entrants 17 years or under must have form signed by parent/guardian or teacher if part of a school party)
- The race will take place on roads that will not be closed to traffic. Please wear bright and/or reflective clothing
- Please bring your own pins and please do not fold, cut or mutilate the race numbers – thank you.
- Please ensure that the medical details on the back of your number are completed in full – thank you.

Race Directions:

The 10K route is an undulating anti-clockwise loop (Map: www.bodyfitpersonaltraining.co.uk) Start at crossroads beside Winder Hall (GR: 153 257). Cross Low Lorton Bridge and turn left. Take 1st left after Thackthwaite then left to cross Scale Hill Bridge. Turn right at Low Lorton to finish in school field. The course will be marked in **Kilometres**.



Please take care on the roads – be responsible for your safety and well being.

Please send entries to the above address

I would like to enter the **BodyFit/Lorton School 10K Race** (Cheques payable to **Friends of Lorton School**)

Full Name: _____ Male/Female: _____ Date of Birth: _____

Age: _____ Club: _____ UKAA number: _____
If you're not a UKAthletics affiliated club member, please put 'unattached'

Address: _____

_____ Post Code: _____

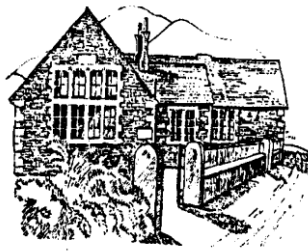
Telephone: _____

E-Mail: _____

I am aware of the organiser's information and stipulations and I accept that any loss or injury occurring to me (or a child for whom I am responsible) during the course of the race is in no way the responsibility of the race organising team. I will abide by UKAthletics Rules of Competition.

Signed: _____ Date: _____
 (Signed by parent/guardian/teacher if aged 17 or under.)

Race Number (office use): _____



LORTON SCHOOL

High Lorton Cocker mouth Cumbria CA13 9UL

Telephone 01900 325700

Email: central@lorton.cumbria.sch.uk Website: www.lorton.cumbria.sch.uk

Lorton School is located in the beautiful Vale of Lorton between Cocker mouth and Keswick. The route of the race will cross the Cocker at Low Lorton Bridge, rebuilt following the flood of 2009, and Scalehill Bridge which fortunately survived and has been repaired.

The outward part of the course is mildly (by Cumbrian standards) undulating but with a relatively level finish and fantastic views of Mellbreak, Grasmoor and Whiteside.

Funds raised will go towards extra-curricular activities for the children such as swimming lessons, sports equipment and an annual theatre visit.

We also aim to tap into and encourage the children's enthusiasm for athletics. As well as the usual sporting activities, Lorton has a long-standing tradition of an annual fell race for all pupils in Key Stage 2. As such, the whole school community will be involved whether running, marshalling, catering or supporting.

Hot meals and home baking will be available, as well as games and activities to interest children. Come and join the fun!



Headteacher: *Olivia Harrison*