



Milton Keynes Lakeside Runners presents...
2012 Enigma Gold

- Venue:** Premier Inn, Lakeside Grove, Bletcham Way, Caldecotte, Milton Keynes, MK7 8HP
(150 yds off the A5 & 3 miles from M1. Look for a windmill!)
Tel: 01908 366188 (Caldecotte Arms pub) ; 0870 9906558 (Premier Inn)
- Events:** 26th August-2012 09:00 – **Enigma Gold Marathon** 7½ scenic laps of Caldecotte Lake
Medals - Gold – Sub 3:30, Silver – Sub 4:00, Bronze – Sub 5:00 – Time Limit 6 hours
- 27th August-2012 –
09:00 Enigma Gold Ultra – 30m 8½ scenic laps of Caldecotte Lake
All ultra finishers will receive a golden shoe. Time Limit 7.5 hours
09:30 Enigma 20 Miler 5½ scenic laps of Caldecotte Lake
Presentation boxed silver medals for all finishers
- Courses:** Ultra: Mini lap (1.67mi): <http://www.fetcheveryone.com/route-327949>
& eight laps (3.55mi ea): <http://www.fetcheveryone.com/route-327957>
- Marathon : Mini lap (1.67mi): <http://www.fetcheveryone.com/route-327949>
& seven laps (3.55mi ea): <http://www.fetcheveryone.com/route-327957>
- 20 Miler : Mini lap (2.38mi): <http://www.fetcheveryone.com/route-863377>
& five laps (3.55mi ea): <http://www.fetcheveryone.com/route-863382>
- Start:** Mandatory race briefings ten minutes prior to each race.
- Registration:** Route description given out at location
- Limits:** 40 entrants per event
- Awards:** Marathon/Ultra: Gold, Silver, Bronze medals if finish time within above limits.
20 Miler: Presentation boxed silver medals for all finishers
- Race Support:** Starter; Timekeeper; Race referee; Large pub car park; Water station every lap of lake course.
- Equipment:** Suitable clothing and footwear. Compass & map optional.
(OS Landranger 166, or OS Explorer 182, 193 & 194)
- Permit:** Held under UK Athletics rules.
Permit applied for - permit will be displayed at Race HQ.



2012 Enigma Gold Entry Form

Name:

Address:

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..... Post Code:

Telephone: (day) (eve)

Email:

Male/Female:

Date of Birth: Age (on 26 Aug-2012):

UKA/TRA Affiliated Club (or "Unattached"):

UKA/TRA Membership No. (if applicable):

Competitors must be at least 18 years of age on the day of the event. A signed form will be considered as a declaration that you will run entirely at your own risk and that you have no medical disabilities that would endanger you or others taking part. Entry fees are non refundable. In the event of cancellation, all proceeds will go to charity.

Marathon : £18.00 affiliated / £19.00 unaffiliated
Sun 26th August. 09:00 start; 6-hour time-limit

Ultra (30mi): £19.00 affiliated / £20.00 unaffiliated
Mon 27th August. 09:00 start; 7.5-hour time-limit

20 Miler £15.00 affiliated / £16.00 unaffiliated
Mon 27th August. 09:30 start;

Closing date: 01-July-2012 TOTAL:

Signature: Date:

Cheques made payable to: DAVID BAYLEY

Send your entries to: DAVID BAYLEY, 43 Chestnut Crescent,
Bletchley, Milton Keynes, MK2 2JZ

Please ensure you enclose a stamped SAE so we can post your number!