

# “The Allerdale Chase”

## Long O - Sunday 18<sup>th</sup> June

*“Wild Ennerdale”*

A traditional “Long O” event in the forest and fells around the stunning Ennerdale valley.



**Courses:** LONG (16km), MEDIUM (12km),  
SHORT (8km), VERY SHORT (4km)

**Entries:** **PRE-ENTER by 11<sup>th</sup> June by email to**  
[allerdale.chase@gmail.com](mailto:allerdale.chase@gmail.com) (ltd EOD)

**Cost:** Sen £8, Jun £4 (£2 non-BOF supplement)  
**(pay on the day)**

**Details:** [www.wcoc.co.uk](http://www.wcoc.co.uk)

