



KENDAL AAC



WEDNESDAY NIGHT SERIES

Kendal 10k

Licence No: 2017 - 27069

Course records: Male - 2013 Danny Parkinson 32.33

Female - 2016 Heidi Dent 36.30

Road race through Natland & Sedgwick

Wednesday 3 May 2017

Registration at Kendal Leisure Centre LA9 7HX

Levens 10k

Licence No: 2017 - 26565

Course records: Male - 2013 Danny Parkinson 32.58

Female - 2014 Rebecca Sheffield 38.02

Road race around the Lyth Valley and Brigsteer

Wednesday 24 May 2017

Registration at Levens Village Hall LA8 8NJ

Hawkshead 10k

Licence No: 2017 - 27092

Course records: Male - 2013 Danny Parkinson 31.49

Female - 2016 Heidi Dent 36.46

Road race around Esthwaite Water followed by BBQ

Wednesday 14 June 2017

Registration at Hawkshead Village Hall LA22 0NZ

Endmoor 10k

Licence No: 2017 - 26855

Course records: Male - 2013 Danny Parkinson 32.47

Female - 2016 Heidi Dent 38.17

Road race on a hilly course around Endmoor

Wednesday 5 July 2017

Registration at Endmoor Village Hall LA8 0HH

Staveley 10k – Wednesday 26 July 2017 - Registration at Wilf's café, Staveley Mill Yard, LA8 9LR

Staveley to Bowston, over river, back on other side including hilly section on gated road followed by veg chilli and pitta at Wilf's for competitors

Course records: Male - 2016 Chris Arthur 33.33

Female - 2016 Louise Kelly 36.52

All profits from the 2017 Staveley 10k race will be donated to Kendal Mountain Search and Rescue Team Licence No: 2017 - 27024

ALL 4 RACES START 7:30PM

PRIZES 1st 3 MALE 1st 3 FEMALE TEAMS 1st MALE 3 to count 1st FEMALE 3 to count 1st Vet 40, 50, 60 and 70 Male & Female

ENTRY FEES: Attached: £9.00 per race Unattached: £11.00 per race EXTRA £2.00 ON THE DAY

Enter all 5 in Series Attached: £40.00 Unattached: £50.00

All Kendal AAC members £5 per race £25 for series

Make cheques payable to: 'Kendal AAC' with S.A.E to: Carolyn Kevan 14 Greengate, Levens, Kendal, Cumbria LA8 8NF

Email: carolyn.kevan@talktalk.net

Enter Online: www.ukroadraces.info

Postal closing date: 7 days before each race

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Kendal 10k 3 May	Levens 10k 24 May	Hawkshead 10k 14 June	Endmoor 10k 5 July	Staveley 10k 26 July
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Name..... Age..... DOB..... M / F.....

Address.....

Phone No..... Email..... Club.....

EA Reg No Parental permission (under 18s only)

Athletes without an EA registration number will be treated as unattached and must pay the extra £2 fee.

I declare I am over 15 years of age and an amateur as defined by UK Athletics rules and I certify I am fit to run.

From ukresults.net

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