

*Derwent AC      Team North Cumbria      Cumberland AC*  
*Keswick AAC                              Carlisle Aspatria AC*  
*Eden Runners                              Cumberland Fell Runners*

# ***CUMBRIA XC***

## ***SERIES 2017***

Under UKA rules - Permit Nos 2017 106/7/8/9/10

October 7<sup>th</sup>              Cockermouth (Just Past School - on Embleton Road)  
October 22<sup>nd</sup> (Sun)      Carlisle - (Rickerby Great Park)  
October 28<sup>th</sup>              Penrith (Hunter Hall School – signposted from Alston Rd)  
November 11<sup>th</sup>          Keswick (Fitz Park)  
December 16<sup>th</sup>          Workington (Curwen Park)  
(Incorporating **Cumbria Vets Champs** - separate entry reqd)  
All meetings start 12 noon (Senior race 1300 approx)

Events    u11 B&G approx 1500m  
            u13 B&G 2300m  
            u15 B&G 3000m  
            u17 M&W 4000m  
            SM/SL 8000m

Distances may vary - The Senior race at Penrith is 6400m

All courses suitable for spikes.

U17/Senior and some u15 races are handicaps (a 3 pack system applies)

u11 should be 8 on day                      Age groups are as at midnight Aug 31<sup>st</sup> 2017

Entry on day only - £3 per race or £10 for all five.    u/a levy is applicable (£2 per series)

Club Membership not necessary    suitable for beginners and all abilities

Prizes determined on best of 3 races

Medal to all Juniors who complete 3 races.

Medals Presentation at Cumbria XC Champs at Keswick on Jan 6<sup>th</sup>

Further details Noel Hakeman 01434 321385      email    noelglendue@gmail.com

### ***Entry Form***

Name	Club	
Reg No		
Address	DoB	
	Age (on Sept 1st)	M/F
Email		
Race Entered	one event	All 5 events

I declare I am an amateur under UKA rules, I am medically fit. I will not hold the organisers liable for any loss, injury, illness or etc to myself or my property caused by my competing in the event

Signed \_\_\_\_\_ Date \_\_\_\_\_ (ukresults.net)  
Parents Signature (if under 16)