TEAM NORTH CUMBRIA

Derwent AC Cumberland AC

Keswick AAC Carlisle Aspatria AC

Eden Runners Cumberland Fell Runners

CUMBRIA XC SERIES 2018

Under UKA rules - Permit Nos applied for

September 29th Cockermouth (Just Past School - on Embleton Road)
October 27th Penrith (Hunter Hall School – signposted from Alston Rd)
December 1st Workington (Curwen Park)
(There will be a one off u9 race at Workington only
December 15th Keswick (Fitz Park)
(Incorporating **Cumbria Vets Champs** - separate entry reqd
Januaryr 20th (Sun) Carlisle - (Rickerby Park)

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.
No races will be handicaps this year
u11 should be 8 on day Age groups are as at midnight Aug 31st 2018
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 Carlisle on Jan 20th

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

Entry Form

See separate sheet