

# Kendal Winter League 2019

Points are given to senior competitors for their best 7 of the 11 scoring races. (Juniors best 5 from 11).

Prizes will be awarded at the end of the season following the Arant Haw race.

Please share cars where you can, as parking is limited at all races.

Due to requests from landowners, dogs are **not** permitted at any of the races.

Entries are taken on the day: Seniors £5, Juniors £1.



Date	Junior races start from 12:00. Senior race starts after 13:00 once junior races completed. Last registration 12:45.	Grid ref. and link to map
6 <sup>th</sup> Jan	<b>Scout Scar</b> , Brigsteer Road, Kendal	<a href="#">Scout Scar</a>
13 <sup>nd</sup> Jan	<b>Giggleswick School</b> , Giggleswick nr Settle	<a href="#">Giggleswick</a>
20 <sup>th</sup> Jan	<b>Whitestone</b> , Staveley-in-Carmel	<a href="#">Whitestone</a>
27 <sup>th</sup> Jan	<b>Birkrigg Common</b> , Ulverston	<a href="#">Birkrigg</a>
10 <sup>th</sup> Feb	<b>Barbondale</b> , Barbon to Dent road	<a href="#">Barbon</a>
17 <sup>th</sup> Feb	<b>Longsleddale</b> ,	<a href="#">Longsleddale</a>
24 <sup>th</sup> Feb	<b>Sedbergh School</b> , Sedbergh	<a href="#">Sedbergh</a>
3 <sup>rd</sup> Mar	<b>Cunswick</b> , Boundary Bank, Kendal	<a href="#">Cunswick</a>
10 <sup>th</sup> Mar	<b>Cautley Spout</b> , Sedbergh	<a href="#">Cautley</a>
24 <sup>th</sup> Mar	<b>Helm Hill</b> , Oxenholme	<a href="#">Helm</a>
31 <sup>st</sup> Mar	<b>Elterwater Common</b> , Langdale	<a href="#">Elterwater</a>
TBC	<b>Yarlside Downhill</b> , Cautley, Sedbergh (Not a points race) ***Seniors only*** See Helm Hill Runners website for details.	<a href="#">Yarlside</a>
14 <sup>th</sup> April	<b>Arant Haw</b> , Peoples' Hall, Sedbergh (Not a points race) Prize presentation will be held after this race.	<a href="#">Arant Haw</a>

In competing in any race you accept the hazards involved in fell running and run at your own risk. The organisers accept no liability for any loss or damage of any nature to yourself or property.

**Kit requirements – ALL runners need to bring kit to the fixtures and be prepared to carry it.**  
**Seniors – full waterproof body cover, hat, gloves & whistle. Juniors – waterproof jacket, hat & gloves.**

For further information [www.helmhill.co.uk](http://www.helmhill.co.uk) or to volunteer contact on email: [info@helmhill.co.uk](mailto:info@helmhill.co.uk)

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