

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 7th Cockermouth (Just Past School - on Embleton Road)
October 22nd (Sun) Carlisle - (Rickerby Great Park)
October 28th Penrith (Hunter Hall School – signposted from Alston Rd)
November 11th Keswick (Fitz Park)
December 16th 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 31st 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 6th

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 _____

Parents Signature (if under 16)