



Helm Hill Junior Championships 2016

Date	Race	Time Start	Location
Sunday 24th January 2016	Whitestone Winter League	12.00	Staveley in Cartmel
Sunday 28th February 2016	Sedbergh School Winter League	12.00	Sedbergh School
Saturday 16th April 2016	Todd Cragg Juniors	13.00	Rothay Park, Ambleside
Wednesday 11th May 2016	Helm Race Night	18.00	Helm
Saturday 28th May 2016	Hutton Roof	13.30	Hutton Roof Village
Thursday 2nd ? June 2016	Killington Sports	18.00	Beckside Farm, Killington
Saturday 11th June 2016	Turner Uphill	13.00	Turner Hall Farm, Duddon
Sunday 3rd July 2016	Bampton Sports	12.30	Bampton
Saturday 9th July 2016	Sedbergh Sports	18.30	Sedbergh Sports Field
Saturday 30th July 2016	Salt Ayre 5k	18.30	Salt Ayre Athletics Track
Sunday 4th September 2016	Loweswater Show	13.30	Opp New House Farm, Lorton Valley
Saturday 24th September 2016	Orton Autumn Fair	13.00	Orton C of E School
Saturday 22nd October 2016	Buttermere Shepherds Meet	13.00	Buttermere Village

All competitors run in the age group they are in on the 1st January 2016 and stay in that group for all of the races. Categories are boys and girls in each group: Under 9, Under 12, Under 14 and Under 17.

Points will be awarded to juniors for their best 7 of 13 races. 20 points are given to the first person to finish in their category in relation to other Helm Hill runners, 17 to second, 15 to third then 14, 13 and so on.

If a junior has to then compete in different age categories during the course of the year, points would be allocated to them based on the category they are contesting in the Helm Championship. This could result in more than one maximum points being allocated for that race.

Prizes will be awarded at the end of season do at the end of November.