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 (9 or 16th tbc) 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)