

*1Derwent AC
Cumberland FR*

*Ellenborough AC
Carlisle Aspatria AC*

*Keswick AAC
Eden Runners*

Cumbria

Cross Country Series 2008/9

Preliminary Details

Oct 11th	Cockermouth	(near School)
Oct 25th	Penrith	(Newton Rigg)
Nov 22nd	Cockermouth	(near School)
Dec 6th	Keswick	(Fitz Park)
Jan 3rd	Carlisle	(Sheepmount)

None of the events are the Cumbria Championships

All start at 12noon

The u17/Senior races will not start before 1.10 pm .

The u17/Senior race will be run as a pack system — previous results determine which pack.

EVENTS in order

u11 B&G (1500m)
u13 B&G (2300m)
u15 B&G (3000m)
u17 M&W (4000m)
Senior M&W (8000m)

Ages as on Sept 1st 2008

The Senior event will be run in packs Entries on day £1.50 per event—£6 for 5—u/a levy applies for Seniors .

Further details from Noel Hakeman 01434 321385

Under UKA rules permit nos applied for

Sponsored by

Pete Bland Sports Kendal
01539 731012

A series of cross country races open to all ages and abilities.

Club membership is not necessary Entry on day only

It is recommended that younger competitors should be at least 9 on day.

Prizes determined on the best of 3 races

Medal to all juniors who complete 3 races

All Welcome (Each event is a separate entity)