

Derwent AC

*Ellenborough AC
Carlisle Aspatria AC*

*Keswick AAC
Eden Runners*

Cumbria Cross Country Series 2009/10

Provisional dates/venues

Oct 3rd	Cockermouth (near School)
Oct 17th	Penrith (Frenchfields or Newton Rigg)
Nov 7th	Maryport (Netherhall)
Dec 5th	Keswick (Fitz Park)
Jan 9th	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 - 6400m if at Frenchfields) Ages as on Sept 1st 2009

The Senior event will be run in packs Entries on day £2 per event—£8 for 5—u/a levy applies for Seniors .

Further details from Noel Hakeman 01434 321385

Under UKA rules permits applied for

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

Course grading Cockermouth -4 Newton Rigg -4 Frenchfields -1 Netherhall -1 Keswick -3 Carlisle-1

Each event is a separate entity