

Derwent AC
Keswick AAC
Eden Runners

Ellenborough AC
Carlisle Aspatria AC
Cumberland Fell Runners

CUMBRIA XC

SERIES 2015

Under UKA rules - Permit Nos 2015111-4

October 10th Cocker mouth (Just Past School - on Embleton Road))
November 7th Penrith - (Hunter Hall Frenchfields - follow signs from road to Alston)
November 22nd (Sunday) Cocker mouth (Just Past School - on Embleton Road)
(Incorporating **Cumbria Vets Champs (tbc)** - separate entry reqd)
December 6th (Sunday) Carlisle - (Sheepmount - behind Castle)
December 12th Keswick (Fitz Park)
(Incorporating **Cumbria Vets Champs** - separate entry reqd)
All meetings start 12 noon (senior race 1310 approx)

Events u11 B&G approx 1500m
u13 B&G 2300m
u15 B&G 3000m
u17 M&W 4000m
SM/SL 8000m

Age groups are as at midnight Aug 31st 2015

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

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 Crooklands on Jan 9th

CLUB VESTS must be worn

Further details Noel Hakeman 01434 321385 email noelglendue@gmail.com

Entry Form

Name	Club	
Reg No		
Address	DoB	
	Age (on Sept 1st)	M/F

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)