



# Kendal Winter League 2009



Points are given to competitors for their best 7 of the 11 races.

Prizes will be awarded at the end of the season.

All junior runners taking part in 5 events or more will receive a prize.

**ENTRIES TAKEN ON THE DAY: Seniors £2.50, Juniors £1**

Please share cars where you can, as parking is limited at all races.  
Dogs are not permitted at any of the races.

<b>Date</b>	<b>Junior races start from 12 o'clock. Senior race starts after 1pm once Junior races completed.</b>	<b>Grid ref. and link to map</b>
4 <sup>th</sup> Jan	<b>Scout Scar</b> , Brigsteer Road, Kendal	<a href="#">502 918</a>
11 <sup>th</sup> Jan	<b>Firbank Fell</b> , M6 junction 37	<a href="#">600 939</a>
18 <sup>th</sup> Jan	<b>Whitestone</b> , Staveley-in-Cartmel	<a href="#">383 850</a>
25 <sup>th</sup> Jan	<b>Birkrigg Common</b> , Ulverston	<a href="#">279 746</a>
1 <sup>st</sup> Feb	<b>Fairmile</b> , Howgill, Sedbergh	<a href="#">629 980</a>
8 <sup>th</sup> Feb	<b>Fell End Clouds</b> , Between Sedbergh & Kirkby Stephen	<a href="#">734 006</a>
15 <sup>th</sup> Feb	<b>Barbondale</b> , Barbon to Dent Road	<a href="#">656 828</a>
22 <sup>nd</sup> Feb	<b>Cautley Spout</b> , Sedbergh	<a href="#">698 969</a>
1 <sup>st</sup> Mar	<b>Sedbergh School</b> , Sedbergh	<a href="#">653 920</a>
8 <sup>th</sup> Mar	<b>Austwick</b> , Austwick village	<a href="#">772 685</a>
15 <sup>th</sup> Mar	<b>Elterwater Common</b> , Langdale	<a href="#">332 049</a>
29 <sup>th</sup> Mar <b>Not a points race</b>	<b>Arant Haw</b> , Peoples' Hall, Sedbergh League presentations will be held after this race. Please bring along refreshments for sale. Money raised will go to charity.	<a href="#">655 922</a>

All competitors run in the age group they are in on the 1<sup>st</sup> of January 2009 and stay in that group for all of the races. Categories are boys and girls in each group: Under 12, Under 14 & Under 17.  
Senior men and women. Vet 40, 50 & 60 men.

For further information contact see [www.helmhillrunners.co.uk](http://www.helmhillrunners.co.uk)  
Email: [helmhillrunners@aol.com](mailto:helmhillrunners@aol.com)

Backup Race: **Helm Hill**, Oxenholme, Kendal [531 895](#)