

Kendal Winter League 2010

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.

Please share cars where you can, as parking is limited at all races.

Dogs are not permitted at any of the races.

ENTRIES TAKEN ON THE DAY: Seniors £3, Juniors £1

Date	Junior races start from 12 o'clock. Senior race starts after 1pm once Junior races completed. (Arant Haw late start)	Grid ref. and link to map
10 th Jan	Scout Scar , Brigsteer Road, Kendal	502 918
17 th Jan	Firbank Fell , M6 junction 37	600 939
24 th Jan	Whitestone , Staveley-in-Cartmel	383 850
31 st Jan	Birkrigg Common , Ulverston	279 746
7 th Feb	Fell End Clouds , Between Sedbergh & Kirkby Stephen	734 006
14 th Feb	Fairmile , Howgill, Sedbergh	629 980
21 st Feb	Barbondale , Barbon to Dent Road	656 828
28 th Feb	Sedbergh School , Sedbergh	653 920
7 th Mar	Cautley Spout , Sedbergh	698 969
14 th Mar	Austwick , Austwick village	772 685
21 st Mar	Elterwater Common , Langdale	332 049
28 th Mar Not a points race	2pm start - Arant Haw , Peoples' Hall, Sedbergh - 2pm start League presentation will be held after this race. Please bring along refreshments for sale. Money raised will go to charity.	655 922

Jonathan Walkingshaw

Director of GreenEndsLimited

**personal & corporate
financial advice**

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Proud sponsor of the Kendal Winter League 2010

All competitors run in the age group they are in on the 1st of January 2010 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 or to volunteer

www.helmhillrunners.co.uk

email - helmhillrunners@aol.com