

## **HELM HILL RUNNERS JUNIOR CHAMPIONSHIP 2008**

Best 3 out of 5 events to count:

<b>DATE</b>	<b>RACE</b>	<b>TIME</b>	<b>LOCATION</b>
Sat 17 <sup>th</sup> May	Sedbergh Gala	1.15pm	Sedbergh
Sun 1st June	Coniston Gullies	12 noon	Coniston, Black Bull Inn
Sun 22nd June	Helm Hill	2pm	The Helm, Oxenholme, Kendal
Sat 5 <sup>th</sup> July	Kirkby Gala	2pm	Kirkby in Furness
Sun 3rd August	Farleton Knott	12 noon	Farleton, Nr Kendal

All races run under BOFRA rules .

Categories U12 Boys, U12 Girls, U14 Boys, U14 Girls, U17 Boys, U17 Girls.

Age categories based upon age as of 17<sup>th</sup> May 2008.

Competitors must wear Helm Hill vest and enter either individual races or the BOFRA Championship as a HELM HILL runner.

Prizes given at the Helm Hill Christmas Party.