

HELM HILL RUNNERS JUNIOR CHAMPIONSHIP 2009

Best 4 out of 6 events to count:

DATE	RACE	TIME	LOCATION
Sat 16 th May	Sedbergh Gala	1.15pm	Sedbergh
Sun 31 st May	Coniston Gullies	12 noon	Coniston, Black Bull Inn
Sun 21 st June	Helm Hill	2pm	The Helm, Oxenholme, Kendal
Sat 4 th July	Kirkby Gala	2pm	Kirkby in Furness
Thursday 30 th July	Ambleside Sports	12 noon	Rydal Hall Park, Ambleside
Sun 2 nd August	Farleton Knott	12 noon	Farleton, Nr Kendal

All races run under BOFRA rules .

Categories U 9 Boys, U 9 Girls, (No U 9 race at Sedbergh so enter U 12's and I will sort out points), U12 Boys, U12 Girls, U14 Boys, U14 Girls, U17 Boys, U17 Girls.

Age categories based upon age as of 16th May 2009.

You do not need to join BOFRA to compete in these races unless you wish to take part in the BOFRA championship. <http://www.bofra.co.uk/>

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.