



Kendal Winter League 2008



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 £2.50p, Juniors £1

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

Please do not bring dogs to any of the races.

DISCLAIMER

By entering any of the above races competitors, their parents and guardians accept the hazards involved in fell running and acknowledge that competitors enter and run in each race at their own risk.

Date	Junior races start from 12.00 Under 12s first. U14s, U17s & Seniors follow on	Grid ref. and link to map
6 th Jan	Scout Scar , Brigsteer Road, Kendal	502 918
13 th Jan	Firbank Fell , M6 junction 37	600 939
20 th Jan	Whitestone , Staveley-in-Cartmel	383 850
27 th Jan	Birkrigg Common , Ulverston	279 746
3 rd Feb	Fairmile , Howgill, Sedbergh	629 980
10 th Feb	Helm Hill , Oxenholme, Kendal	531 895
17 th Feb	Barbondale , Barbon to Dent Road	656 828
24 th Feb	Cautley Spout , Sedbergh	698 969
2 nd Mar	Fell End Clouds , Between Sedbergh & Kirkby Stephen	734 006
9 th Mar	Austwick , Austwick village	772 685
16 th Mar	Elterwater Common , Langdale	332 049
30 th Mar Not a points race	Arant Haw , Auction Mart, Sedbergh After the race, presentations will be made at the People's Hall, Sedbergh. Refreshments will be available.	655 922

All competitors run in the age group they are in on the 1st of January 2007 and stay in that group for all of the races. Categories are Under 12, Under 14 & Under 17 boys and girls. Senior men and women. Vet 40, 50 & 60 men.

For further information contact see www.helmhillrunners.co.uk Email helmhillrunners@aol.com