

HELM HILL RUNNERS

SENIOR CHAMPIONSHIP 2009

<u>DATE</u>	<u>RACE</u>	<u>DETAILS</u>	<u>LOCATION</u>
7 th March.	Black Combe.	12 noon. £7 8m 3400'	Silecroft Village Hall.
21 st March.	Really Wild Boar.	1pm. £3 5m 1400'	Street. GR 743015
22 nd April.	Grisedale Grind.	7pm. £3 2.5m 1560'	Revelin Moss. Whinlatter.
10 th May.	Buttermere Sailbeck.	1pm. £6 pre entry £7 on day. 9.5m 4650'	Bridge Hotel Buttermere.
26 th May.	Two Riggis.	7-15pm. £5 inc food 6.5m 1350'	Bram Crag Farm. St John's in the Vale.
3 rd June.	Blencathra.	7pm. £1 8m 2700'	Mungrisdale. GR 363302
27 th June. tbc	Great Lakes Run.	11am. £5 13m 7000'	Stool End Farm. Langdale.
15 th July.	Blisco Dash.	7pm. £1 5m 2000'	Old Dungeon Gill. Langdale.
8 th August.	Broughton Mills.	3-30pm. 3.5m 1300'	Broughton Mills.
20 th September.	Dalehead.	2pm Pay entry to showfield. 4.5m. 2210'	Rosthwaite.
6 th December.	Bolton by Bowland.	11-30am. £3 8m 800'	Bolton by Bowland.
12 th December. TBC	Helm Hill Downhill Championship.	12noon. £1 1.3m 1300'	Fairmile . Nr Sedbergh.

Best 8 results from the 12 races to count.
Points:- 1st=20, 2nd=17, 3rd=15, 4th=14 etc.