



SENIOR CHAMPIONSHIP 2010

<u>DATE</u>	<u>RACE</u>	<u>DETAILS</u>	<u>LOCATION</u>
Feb 27	High Cup Nick	9m/1500' 2pm. £5 on day.	Duften Village Hall GR688252
Apr 17	Coledale Horseshoe	9m/3000' 12noon. £6 pre entry £8 on day.	Scotgate Caravan Park. Braithwaite.
5 Jun	Pen Y Ghent	5.9m/1650' £4 on day.	Horton Playing Field.
5 Jun	Duddon	18m/6000' 11am £6 pre entry £7 on day.	Newfield Inn. Seathwaite. GR 227960
Jun 20	Settle Hills	7m 1750' 1pm £5 on day.	North Ribble RUFC. Settle. GR 819633
Jun 23	Langstrath	4.5m 1400' 7-15pm £3 on day.	Langstrath Hotel. Stonethwaite.
4 Jul	Skiddaw	9m 2700' 12-30pm £5 on day.	Fitz Park. Keswick. GR268238
24 Jul	Lingmell Dash	4.5m 2500' 2pm £4-50 on day.	Wasdale Head Inn GR187088
21 Aug	Weasdale	8m 2000' 2-30pm £6 on day.	Ravenstonedale Show Field. GR698054
31 Aug	Shipman Knotts	4m 2000' 7pm £3 on day	Maggs Howe, Kentmere GR461041
25 Sep	Whernside	12.1m 2972' 11am £5 on day	Church Bridge. Dent GR707871
11 Dec	Uphill Race	1.3m 1300' 12noon £1 on day.	Fairmile. Nr Sedbergh

Best 8 results from the 12 races to count.
Points:- 1st=20, 2nd=17, 3rd=15, 4th=14 etc.
Prizes for 1st. 2nd. 3rd. 1st Vet (not winner),