

1Derwent AC

Ellenborough AC  
Cumberland FR

Keswick AAC  
Carlisle Aspatria AC

Eden Runners

# Cumbria Cross Country Series 2010/11

Oct 23<sup>rd</sup> Oct 16<sup>th</sup> Cocker mouth(near School)  
Penrith (Frenchfields)\*  
Nov 27<sup>th</sup> Maryport (Netherhall School)  
Dec 4<sup>th</sup> Carlisle(Sheepmount  
Jan 8<sup>th</sup> Keswick (Fitz Park)\*  
\*venue tbc

None of the events are the Cumbria Championships  
All are Saturdays All start at 12noon  
The u17/Senior races will not start before 1.10 pm .  
The u15 and u17/Senior race will be run as a pack system  
— previous results determine which pack.

EVENTS in order  
**u11 B&G (1500m)**  
**u13 B&G (2300m)**  
**u15 B&G (3000m)**  
**u17 M&W (4000m)**  
**Senior M&W (8000m - 6400m at Frenchfields)**  
Ages as on Sept 1st 2010

Entries on day £2 per event—£8 for 5—u/a levy applies for Seniors .

Further details from Noel Hakeman 01434 321385  
Under UKA rules permits applied for

*with assistance from*

***Pete Bland Sports Kendal***  
***01539 731012***

A series of cross country races open to all ages and abilities.

Club membership is not necessary Entry on day only

It is recommended that younger competitors should be at least 9 on day.

Prizes determined on the best of 3 races

Medal to all juniors who complete 3 races

Course grading Cocker mouth -4 Frenchfields -3 Netherhall -1 Keswick -3 Carlisle-1

**All Welcome (Each event is a separate entity)**