

Kendal Winter League 2012

Points are given to senior competitors for their best 7 of the 11 scoring races. (Juniors best 5 from 11.) Prizes will be awarded at the end of the season following the Arant Haw race. Please share cars where you can, as parking is limited at all races. Due to requests from landowners, dogs are not permitted at any of the races. Entries are taken on the day: Seniors £3, Juniors £1.

Date	Junior races start from 12:00. Senior race starts after 13:00 once junior races completed. Last registration 12:45.	Grid ref. and link to map
8 th Jan	1 - Scout Scar , Brigsteer Road, Kendal	502 918
15 th Jan	2 - Firbank Fell , M6 junction 37	600 939
22 nd Jan	3 - Whitestone , Staveley-in-Cartmel	383 850
29 th Jan	4 - Birkrigg Common , Ulverston	279 746
5 th Feb	5 - Fell End Clouds , Sedbergh to Kirkby Stephen road	734 006
12 th Feb	6 - Fairmile , Howgill, Sedbergh	629 980
19 th Feb	7 - Barbondale , Barbon to Dent road	656 828
26 th Feb	8 - Sedbergh School , Sedbergh	653 920
4 th Mar	9 - Cautley Spout , Sedbergh	698 969
11 th Mar	10 - Austwick , Austwick village	772 685
18 th Mar	11 - Elterwater Common , Langdale	332 049
25 th Mar	Yarlside Downhill , Cautley, Sedbergh (Not a points race) Seniors only. See Helm Hill Runners website for details.	698 969
15 th Apr	Arant Haw , Peoples' Hall, Sedbergh (Not a points race) Prize presentation will be held after this race.	655 922

RATHBONES
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MANAGEMENT IS
PROUD TO SUPPORT
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All competitors run in the age group they are in on the 1st of January 2012 and stay in that group for all of the races. Categories are boys and girls in each group: Under 12, Under 14 & Under 17. Senior men and women. Vet 40, 50 & 60 men.

In competing in any race you accept the hazards involved in fell running and run at your own risk. The organisers accept no liability for any loss or damage of any nature to yourself or property.

For further information or to volunteer
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