

Kendal Winter League 2018

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 £4, 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
7 th Jan	Scout Scar , Brigsteer Road, Kendal	Scout Scar
21 nd Jan	Giggleswick School , Giggleswick nr Settle	Giggleswick
28 th Jan	Whitestone , Staveley-in-Cartmel	Whitestone
4 th Feb	Birkrigg Common , Ulverston	Birkrigg
11 th Feb	Barbondale , Barbon to Dent road	Barbon
18 th Feb	Longsleddale ,	Longsleddale
25 th Feb	Sedbergh School , Sedbergh	Sedbergh
4 th Mar	Cunswick , Boundary Bank, Kendal	Cunswick
18 th Mar	Cautley Spout , Sedbergh	Cautley
25 th Mar	Helm Hill , Oxenholme	Helm
8 th April	Elterwater Common , Langdale TBC	Elterwater
15 th April	Yarlside Downhill , Cautley, Sedbergh (Not a points race) ***Seniors only*** See Helm Hill Runners website for details.	Yarlside
22 th April	Arant Haw , Peoples' Hall, Sedbergh (Not a points race) Prize presentation will be held after this race.	Arant Haw

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 www.helmhill.co.uk or to volunteer contact on email: info@helmhill.co.uk

Kit requirements – ALL runners need to bring kit to the fixtures and be prepared to carry it.
Seniors – full waterproof body cover, hat, gloves & whistle. Juniors – waterproof jacket, hat & gloves.

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