

# CUMBRIA XC SERIES 2019

Under UKA rules - Permit Nos 2019089 to 2019093

September 21st	Cockermouth - Just Past School - on Embleton Road
October 12 <sup>th</sup>	Penrith - Hunter Hall - Frenchfields - follow signs from road to Alston
November 30 <sup>th</sup>	Keswick - Fitz Park - Incorporating <b>Cumbria Vets Champs</b> - separate entry reqd
December 7 <sup>th</sup>	Workington - Curwen Park
December 14 <sup>th</sup>	Carlisle - Rickerby Park

**Race Order - All distances are approximate and all meetings start 12 noon**

Age Category	Distance
Under 9 B & G ( 7 or 8 )	800m
Under 11 B & G ( 9 or 10 )	1500m
13 B & G ( 11 or 12 )	2300m
U15 B & G ( 13 or 14 )	3000m
U17 M & W ( 15 or 16 )	4000m
Senior M & W ( Approx 13.10 )	8000m

All age groups are as at  
31<sup>st</sup> August / 1<sup>st</sup> September 2019

All courses suitable for Spikes

**CLUB VESTS MUST BE WORN**

Entry fees - £3 per race or £10 for all five Unattached levy fee is applicable @ £2.00 per series

**Important – KEEP YOUR BIB UNTIL LAST RACE AT CARLISLE – Do not use 2018 bib  
£1 surcharge if bib requires replacing - ALL runners to register at each and all venues**

Club Membership not necessary - Suitable for all abilities

Prizes determined on best of 3 races Medal to all Juniors who complete 3 races.

Medal Presentation at Carlisle on 14<sup>th</sup> December 2019

Further details Noel Hakeman 01434 321385 email: noelglendue@gmail.com

## Entry Form

Name ..... MALE / FEMALE

Address .....

Date of Birth .../.../... Male / Female Age as on 1<sup>st</sup> September 2019 .....

England Athletics Club ..... Reg No .....

Tel No. .... Email .....

I declare that I am qualified to compete in the Cumbria Cross Country Series. I am an Amateur as defined by U.K.A. Rules and I agree that you may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category."

Signed \_\_\_\_\_ Date .....

Counter Signature of parent/guardian if under 18yrs .....