

CUMBRIA XC SERIES 2018

Under UKA rules - Permit Nos

September 29th Cocker mouth - Just Past School - on Embleton Road
 October 27th Penrith - Hunter Hall - Frenchfields - follow signs from road to Alston
 December 1st Workington - Curwen Park
 December 15th Keswick - Fitz Park - Incorporating **Cumbria Vets Champs** - separate entry reqd
 January 20th Sunday Carlisle – Rickerby Park

A one off Under 9 Race at Workington on December 1st

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

Age Category	Distance	
Under 11 B & G	1500m	All age groups are as at 31 st August 2018 All courses suitable for Spikes CLUB VESTS MUST BE WORN
U13 B & G	2300m	
U15 B & G	3000m	
U17M& W	4000m	
Senior M & W (Approx 1300)	8000m	

**Entry fees - £3 per race or £10 for all five Unattached levy fee is applicable @ £2 per series
 Races will not be handicapped**

Club Membership not necessary - Suitable for all abilities
 Prizes determined on best of 3 races Medal to all Juniors who complete 3 races.
 Medals Presentation at Carlisle on January 20th

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

Entry Form

Name MALE / FEMALE

Address

Date of Birth/...../..... Male / Female Age as on 1st September 2018

England Athletics ClubReg 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 agree that we 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 necessarily limited to) name, any club affiliation, race times, occupation and age category.
 I will not hold the organisers responsible for any injury illness or loss of property caused by my competing in the events

Signed _____ Date

Counter Signature of parent/guardian if under 18yrs