

The Kendal Winter League (KWL)

What is the KWL? It's a series of around 12 races organized by Helm Hill each year. They take place on Sundays with a prize giving at the People's Hall in Sedbergh in April.

What age do I have to be? – races are open to anybody aged over 8 yrs. Junior races are run according to age (Under 13, Under 15, Under 18) and there is one senior race. Check the website for full details.

What is the format? Races start at 12noon with the 3 junior races (U13s race first). The senior race starts at 1pm.

How do I enter? Registration forms are on the website or you can register at the first race you do. You will be given a number which you keep for the whole series of races. Don't forget to bring it each time! You must still register at each race to pay your entry fee and so that we know you are running! Registration closes at 12.45pm for seniors.

How long are the races? The races vary with the longest senior races around 5miles long. There are separate courses for each junior category. Typically under 13s will run around 2km, U15 5km and U18s 10km

Where are the races? The races are at a different place each week in South Lakeland and the Dales. All details are on the Helm Hill website.

Will I get lost? All races are flagged. Check out the route on the website and walk/run the course beforehand if you have time. It's always good to know what's coming up!

Will I come last? What does it matter if you do?! We can't guarantee that you won't come last but if you are training regularly with the Helm it's unlikely! You will have an idea of the times from previous results. The marshalls won't leave the venue until everyone has been accounted for.

What kit must I carry? You must carry the prescribed kit in ALL races! Seniors must have waterproof top and bottoms/whistle/hat/gloves. Juniors – waterproof jacket/hat/gloves. These are winter races so the weather can be severe and changeable (very occasionally sunny and warm). You must be prepared for all eventualities. No kit, no race.

Are races ever cancelled due to the weather? Very occasionally we have to cancel races if the weather is severe – usually due to snow. We will notify you as early as we can via Twitter or the website. If in doubt, check before you leave.

What are the courses like? They vary from cross country/trail course to tough fell races over rough ground with a lot of climbing. Check the course first if you are unsure. Ask others for advice – everyone has a favorite race.

I've never run a fell race before! – The KWL is many people's first fell race. The routes are flagged and the distances reasonable. It's a brilliant way to start. Come and watch a couple first if you are not sure what to expect!