

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.**
Please register online www.helmhill.co.uk before 1st Jan and pay on the day: Seniors £5, Juniors £1, for the races you do.

Date	Junior races start from 12:00. Senior race starts after 13:00 once junior races completed. Last registration 12:45.	Locations for the app what3words
5 th Jan	Scout Scar , Brigsteer Road, Kendal	joke.remark.lion
12 th Jan	Giggleswick School	seasick.latitudes.tradition
19 th Jan	Whitestone , Staveley-in-Cartmel	eggs.hurricane.brightly
26 th Jan	Birkrigg Common , Ulverston	fended.reclusive.pocket
9 th Feb	Longsleddale	guitars.begin.presented
16 th Feb	Barbondale , Barbon to Dent road	lawfully.limitless.surely
23 rd Feb	Sedbergh School , Sedbergh	blaring.dugouts.animals
1 st Mar	Cunswick Boundary Bank Kendal	ally.spoke.spaces
8 th Mar	Cautley Spout , Sedbergh	cave.label.trickling
22 nd Mar	Elterwater Common , Langdale	shorts.wasps.winks
29 th Mar	Helm Hill Oxenholme Kendal	fairly.muddy.hopes
5 th Apr	Yarlside Downhill , Cautley, Sedbergh (Not a points race and seniors only)	cave.label.trickling
19 th Apr	Arant Haw , Peoples' Hall, Sedbergh (Not a points race) Prize presentation will be held after this race.	also.legwork.headliner

The age category definitions are different for seniors and juniors (under). Senior categories are defined as your age on 31st December **2019**. Eg. A V40 will be 40yrs old on 31st December 2019 or before. **'Under' categories** age is defined at the end of the year, as in age on 31st December **2020**. Eg. An under 13 must be under 13 on 31st December **2020** to compete in the under 13 race. **The minimum age of any runner is 8yrs old on or before race day.** Within the senior race there will be an under 21 championship. There are U13, U15 and U17 junior races, and within the u13 race there will be an u11 category.

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.
 If we need to cancel a race due to severe weather including poor road conditions for travelling to a race or conditions on the fell we will post on Facebook by 7:30am on race day or sooner.

