

THE KENDAL WINTER LEAGUE 2006

A series of 12 races will be held. Points will be given to competitors for their best 10 races. At the end of the season, those with most points will receive the appropriate prizes.

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1. Boys under 12 yrs. For the Goodacres Trophy
 2. Girls under 12 yrs. Trophy
 3. Boys under 14 yrs. For S & R Taylor Trophy
 4. Girls under 14 yrs. Trophy
 5. Girls under 17 yrs. For the J. Morgan Trophy
 6. Boys under 17 yrs. For the M. Armstrong Trophy
 7. Ladies for the Helm Hill Runners Trophy
 8. Veterans (over 40) for the R. Harrison Trophy
 9. Veterans (over 50) Trophy
 10. Veterans (over 60) Trophy
 11. Men for the Kendal Sports Trophy
 12. Men for the Comrades Trophy
 13. Junior Endeavour Trophy

All junior runners taking part in 5 events or more will receive a prize.

ENTRIES TAKEN ON THE DAY

Entry fees: Seniors £ 2.50p Juniors £ 1

All Events Start on Sundays 12.00 Noon

(P) Denotes limited parking

(ND) No Dogs Please

Further information, if required, contact:-

Alastair Dunn 01539 723524 helmhillrunners@aol.com

Alan Westworth 01539 728134 alanhelmhill@msn.com

Please note when you take a dog, please keep it under control

Date	SCOUT SCAR RACE Rough Cross Country BRIGSTEER ROAD KENDAL Seniors 4.5 miles 300 f of c U12 1 mile 20 f of c, U14 1.5 miles 50 f of c, U17 2.5 miles 250 f of c,	GRID REF. 502 918
08-01-06		
15-01-06	FIRBANK FELL Cross Country just of junction 37 M6 Sedbergh U12 1.3 miles U14 1.3 miles U17 2 miles Seniors 3.5 miles	601 939
22-01-06	FAIRMILE FELL RACE HOWGILL SEDBERGH Seniors 2.5 miles 1400 f of c, U12 1 mile 400 f of c, U14 1.3 miles 600 f of c, U17 1.8 miles 1000 f of c,	629 980
29.01.06	STAVELEY HEAD FELL RACE BIRKFIELD FARM STAVELEY Seniors 4. miles 650 f of c U12 1.2 miles 280 f of c, U14 1.6 miles 350 f of c, U17 2 miles 600 f of c	483 991 ND/P
05-02-06	WHITESTONE FELL RACE STAVELEY IN CARTMEL ON THE A590 TO WARDS GREENODD Seniors 4 miles 650 f of c U12 0.8 mile 200 f of c, U14 1.2 miles 250 f of c, U17 2 miles 300 f of c	383 850
12-02-06	BARBON FELL RACE BARBON TO DENT ROAD U12 0.8 mile 350 f of c, U14 1 mile 400 f of c, U17 1.6 miles 800 f of c, Seniors 2.3 miles 1200 f of c	663 836
19-02-06	BIRKRIGG COMMON RACE Rough Cross Country MOUNTBARROW ROAD ULVERSTON (Charity Race 0 U12 0.8 mile 100 f of c, U14 1.3 miles 150 f of c, U17 2.5 miles 200 f of c Senior 4.5 Miles 300 f of c.	281 754
26-02-06	HELM HILL , Oxenholme Kendal Seniors 4 miles 1200 f of c U12 0.6 mile 80 f of c, U14 1 mile 100 f of c, U17 2 miles 600 f of c.	535 900
05-03-06	TROUTBECK FELL RACE POOL BANK FARM TROUTBECK Seniors 4 miles 1600 f of c. U12 1 mile 400 f of c, U14 1.5 miles 500 f of c, U17 2.5 miles 14500 f of c,	410 034 ND/P
12-03-06	Langcliffe, Langcliffe village Settle U17 / Seniors 3.5 miles U12 1 mile 400 f of c, U14 1.6 miles 500 f of c,	824 651
19-03-06	ELTERWATER FELL RACE ELTERWATER COMMON GREAT LANGDALE Seniors 4 miles 1300 f of c. U12 1 mile 250 f of c, U14 1.5 miles 300 f of c, U17 2 miles 800 f of c.	329 050
26-03-06	AUSTWICK FELL RACE Austwick Seniors 3.5 miles 900 f of c. U12 1 mile 200 f of c, U14 1.5 miles 250 f of c, U17 2.5 miles 850 f of c.	767 684
09-04-06	WINDER , Please Park at Auction Mart Sedbergh U12 1 mile 200 f of c, U14 1.5 miles 250 f of c, U17 2 miles 1000 f of c. Seniors 4.75 miles 1760 f of c. Not a Points Race	653 920
	Meet at the People's Hall Sedbergh after Winder Race Sedbergh People's Hall Grid Ref 654 923 PRIZE PRESENTATIONS, REFRESHMENTS ETC (SMALL RAFFLE PRIZES APPRECIATED)	

ALL COMPETITORS RUN IN THE AGE GROUP THEY ARE IN ON THE 1st JANUARY 2006 AND STAY IN THAT GROUP FOR ALL THE RACES

Competitors run at their own risk Although the committee will take every care in the organisation of these events, the committee will not be liable for any accident or injury or any loss of or damage to property, however caused . Please observe the Country Code and safety on the fells.