

Cumbria XC League

2021 Season - Information

Age Category	Distance (approx.)	Race Time (approx.)
U9 B & G		12.00pm
U11 B & G	1,500m	12.05pm
U13 B & G	2,300m	12.15pm
U15 B & G	3,000m	12.30pm
U17 M & W	4,000m	12.50pm
Senior Women	8,000m	1.00pm
Senior Men	8,000m	1.10pm

All age groups are as at 31 August 2021. Suitable for all abilities and races will not be handicapped. Club Membership is not necessary, but if competing for a club, club vests must be worn.

Race times are approximate and may change on the day depending on numbers enter and Covid restrictions in force. Distances are approximate and all courses are suitable for spikes.

Prizes determined on best of 3 races, with medals to all Juniors who complete 3 races.

Date	Venue
25 September 2021	Cockermouth
23 October 2021	Hunter Hall, Penrith
13 November 2021	Fitz Park, Keswick
4 December 2021	Venue TBC, Carlisle
11 December 2021	Curwen Park, Workington
18 December 2021 (Reserve)	Venue TBC

ONLINE ENTRY ONLY at <https://www.race-results.co.uk>. Entries close 8pm on day before race.

Entry Fees - £4 per race or £12 for all five. Unattached levy fee of £2 per race is applicable. In the event of a race being cancelled due to Covid the reserve date will be used if possible. Refunds if made will be net of an administration fee.

Registration and collection of numbers from tent after 10.30am on the day. Only two competitors allowed in the tent and face coverings to be worn.

Any queries contact Claire Hebdige on 07813 766429 or email: clairehebdige@btinternet.com