

# Cumbria XC League

## 2023-24 Season - Information

Date	Venue
7 October 2023	Castlegate Drive, Cockermouth
28 October 2023	Fitz Park, Keswick
4 November 2023	Curwen Park, Workington
9 December 2023	Pirelli Factory, Carlisle (To Be Confirmed)
16 December 2023	Hunter Hall School, Penrith

Age Category	Distance (approx.)	Race Time (approx.)
U9 B & G	800m	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 2023. 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.

Prizes determined on best of 3 races, with medals to all Juniors who complete 3 races. Junior Presentation at Pavilion at around 1.15pm and Senior Presentation at around 2.15pm.

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

**ONLINE ENTRY ONLY** at <https://www.race-results.co.uk>. Entries close midnight on THURSDAY 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 a reserve date will be used if possible. Refunds if made will be net of an administration fee.

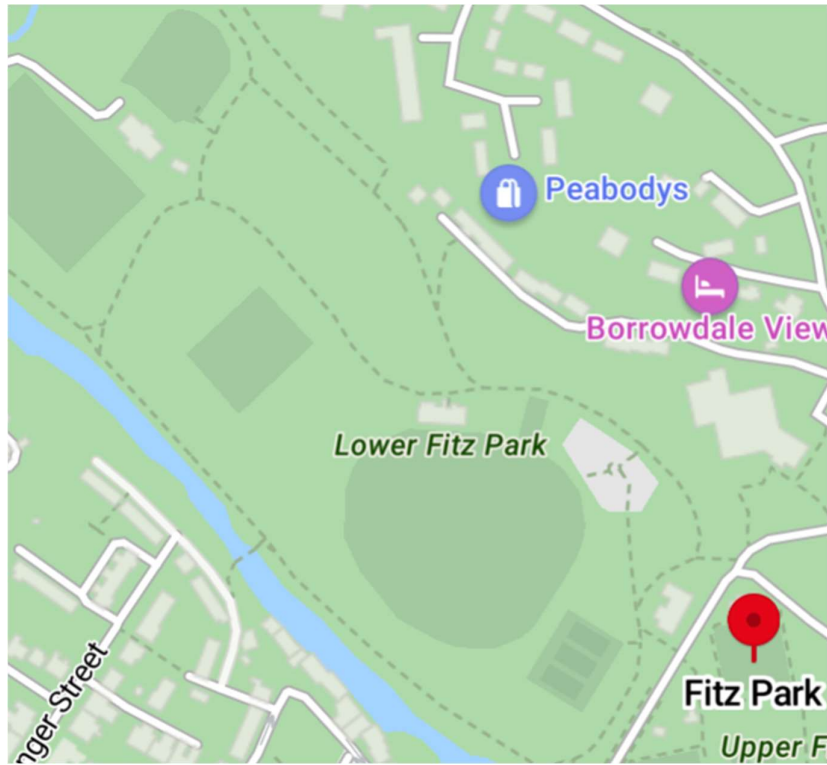
Registration and collection of numbers after 10.30am on the day.

Any queries contact Claire Hebdige on 07813 766429 or email: [clairehebdige@btinternet.com](mailto:clairehebdige@btinternet.com)

Castlegate Drive, Cockermouth

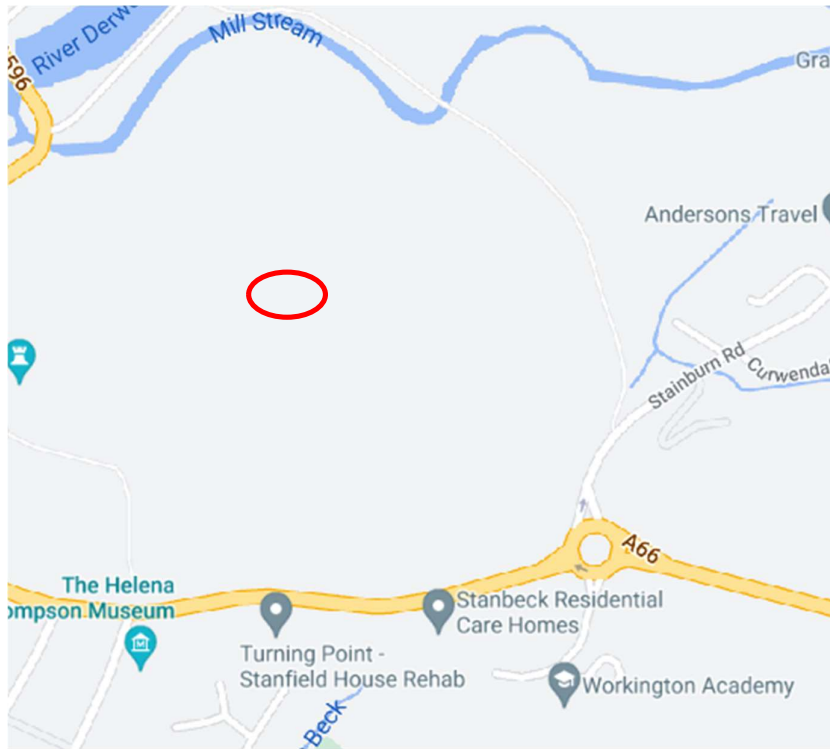


Fitz Park, Keswick



Curwen Park, Workington

(Parking/Changing/Toilets at Workington Academy)



Pirelli Factory, Carlisle

