

Cumbria XC League

2026-27 Season - Information

Date	Entries Close	Venue
26/09/2026	22/09/2026	Castlegate Drive, Cockermouth
10/10/2026	03/10/2026	County Showfield, Kendal (JOINT FIXTURE WITH MLL)
07/11/2026	04/11/2026	Denton Holme, Carlisle
14/11/2026	11/11/2026	Netherhall School, Maryport
19/12/2026	16/12/2026	Hunter Hall, Penrith

Times and distances for all races (**except 10/10/26**) are as follows

Age Category	School Yr	Distance (approx.)	Race Time (approx.)
U10 B & G	3 + 4	800m	12.00pm
U12 B & G	5 + 6	1,500m	12.05pm
U14 B & G	7 + 8	2,300m	12.15pm
U16 B & G	9 + 10	3,000m	12.30pm
U18 M & W	11 + 12	4,000m	12.50pm
Senior Women	13+	8,000m	12:55pm
Senior Men	13+	8,000m	1.00pm

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.

All age groups are as **at 31 August 2027**. Suitable for all abilities and races will not be handicapped. Athletes competing in the U12 and above age groups must be affiliated with England Athletics (in accordance with the licence rules) and club vests must be worn.

KEEP SAME NUMBER FOR EVERY RACE IN SERIES EXCEPT MLL WHERE A SEPARATE NUMBER WILL BE ISSUED. Charge of £1 for duplicate numbers.

ONLINE ENTRY ONLY at <https://www.race-results.co.uk>. Entries close at midnight on the dates shown above.

Entry Fees - £5 per race or £15 for all four (i.e. Cockermouth, Carlisle, Netherhall and Penrith).

There will be a separate £5 entry fee (as guests) for all athletes wishing to compete in the Kendal race, who are not a member of a Mid Lancs League affiliated club. Those who are members of an affiliated club will be entered by their club as usual and will be picked up from the results if they have already raced at Cockermouth. For anyone who will be competing in Kendal as their first event and will be doing other races in the series, please let me know on the day.

Unattached levy fee of £2 **per race** is applicable to seniors.

In the event of a race being cancelled 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.

Medals will be awarded on the day of each race (except for the Kendal race) for the 1st, 2nd & 3rd finishers in U10B, U10G, U12B, U12G, U14B, U14G, U16B, U16G, U18W, U18M, U20W, U20M, Open Men and Senior Women categories.

Series medals will be awarded to athletes who have completed 3 races. There will be a series medal awarded to 1st, 2nd & 3rd for the age groups shown above, together with 1st place in the open men and female V35, V40, V45, V50, V55, V60, V65 & V70 categories. The series medals will be calculated based on placement points obtained from all five races in the league series.

All juniors who have also competed in 3 races will get a participation medal.

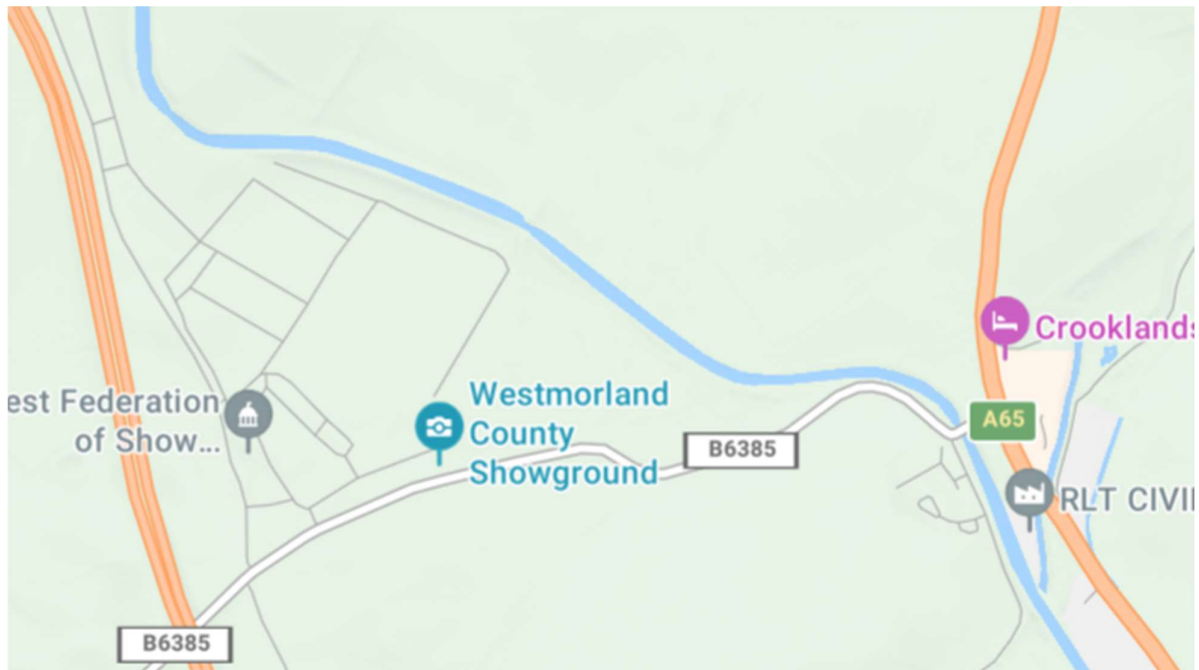
Any queries contact Claire Hebdige on 07813 766429 or email: clairehebdige@btinternet.com

Castlegate Drive, Cockermouth

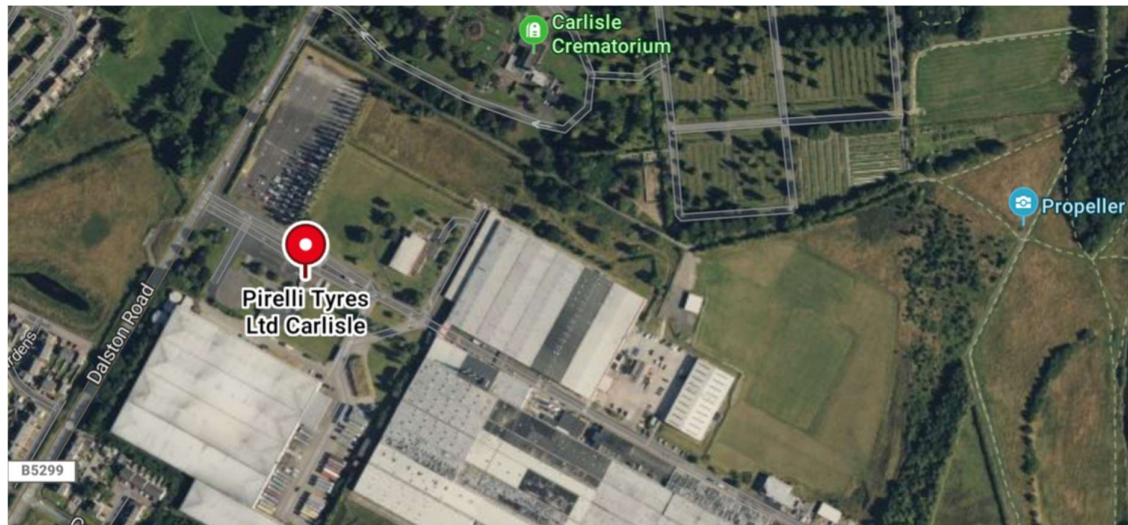


Parking along the road from where the red circle is

County Showfield, Kendal



Denton Holme, Carlisle



Park at the Pirelli Factory. Walk down Dalston Road towards the crematorium. Take the lane at the end of the car park and follow to the end ("Propeller" on the map)

Netherhall School, Maryport



Hunter Hall School, Penrith

