



# KENDAL AAC



## WEDNESDAY NIGHT SERIES

### Kendal 10k

Licence No: 2018 - 29984

Course records: Male - 2013 Danny Parkinson 32.33

Female – 2017 Lizzie Browne 35.43

Road race through Natland & Sedgwick

**Wednesday 9 May 2018**

Registration at Kendal Leisure Centre LA9 7HX

### Levens 10k

Licence No: 2018 - 30200

Course records: Male – 2013 Danny Parkinson 32.58

Female – 2017 Rosie Woodhams 37.54

Road race around the Lyth Valley and Brigsteer

**Wednesday 30 May 2018**

Registration at Levens Village Hall LA8 8NJ

### Hawkshead 10k

Licence No: 2018 - 30282

Course records: Male – 2013 Danny Parkinson 31.49

Female – 2016 Heidi Dent 36.46

Road race around Esthwaite Water followed by BBQ

**Wednesday 20 June 2018**

Registration at Hawkshead Village Hall LA22 0NZ

### Endmoor 10k

Licence No: 2018 - 31667

Course records: Male - 2013 Danny Parkinson 32.47

Female – 2017 Rosie Woodhams 38.04

Road race on a hilly course around Endmoor

**Wednesday 11 July 2018**

Registration at Endmoor Village Hall LA8 0HH

### ALL 4 RACES START 7:30PM

PRIZES 1<sup>st</sup> 3 MALE 1<sup>st</sup> 3 FEMALE TEAMS 1<sup>st</sup> MALE 3 to count 1<sup>st</sup> FEMALE 3 to count 1<sup>st</sup> Vet 40, 50, 60 and 70 Male & Female

ENTRY FEES: Attached: £10.00 per race Unattached: £12.00 per race EXTRA £2.00 ON THE DAY

Enter all 4 in Series Attached: £36.00 Unattached: £44.00

Make cheques payable to: **'Kendal AAC' with S.A.E** to: Carolyn Kevan 14 Greengate, Levens, Kendal, Cumbria LA8 8NF

Email: carolyn.kevan@talktalk.net

Enter Online: [www.ukroadraces.info](http://www.ukroadraces.info)

Postal closing date: 7 days before each race

Kendal 10k 9 May	Levens 10k 30 May	Hawkshead 10k 20 June	Endmoor 10k 11 July
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Name..... Age..... DOB..... M / F.....

Address.....

Phone No..... Email..... Club.....

EA Reg No ..... Parental permission (under 18s only) .....

**Athletes without an EA registration number will be treated as unattached and must pay the extra £2 fee.**

I declare I am over 15 years of age and an amateur as defined by UK Athletics rules and I certify I am fit to run.

Signed..... Date.....