



KENDAL AAC



WEDNESDAY NIGHT SERIES



Kendal 10k

Licence No: 2019 - 35744

Course records: Male - 2013 Danny Parkinson 32.33

Female - 2017 Lizzie Browne 35.43

Road race through Natland & Sedgwick

Wednesday 8 May 2019 7.30pm start

Registration at Kendal Leisure Centre LA9 7HX

Levens 10k

Licence No: 2019 - 36055

Course records: Male - 2018 James Douglas 32.16

Female - 2017 Rosie Woodhams 37.54

Road race around the Lyth Valley and Brigsteer

Wednesday 29 May 2019 7.30pm start

Registration at Levens Village Hall LA8 8NJ

Hawkshead 10k

Licence No: 2019 - 36054

Course records: Male - 2013 Danny Parkinson 31.49

Female - 2016 Heidi Dent 36.46

Road race around Esthwaite Water followed by BBQ

Wednesday 19 June 2019 7.30pm start

Registration at Hawkshead Village Hall LA22 0NZ

Endmoor 10k

Licence No: 2019 - 36202

Course records: Male - 2013 Danny Parkinson 32.47

Female - 2017 Rosie Woodhams 38.04

Road race on a hilly course around Endmoor

Wednesday 10 July 2019 7.30pm start

Registration at Endmoor Village Hall LA8 0HH

First man and woman home in all 4 races wins a voucher for a pair of Brooks trainers from Pete Bland donated by Brooks

PRIZES 1st 3 MALE 1st 3 FEMALE TEAMS 1st MALE 3 to count 1st FEMALE 3 to count 1st 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 extra £2 if entering all races at Kendal

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

Under UKA Rules

Unsuitable for wheelchairs - No pushchairs

Enter Online: www.ukroadraces.info

Postal closing date: 7 days before each race

Kendal 10k 8 May	Levens 10k 29 May	Hawkshead 10k 19 June	Endmoor 10k 10 July
------------------	-------------------	-----------------------	---------------------

Name..... Age..... DOB..... M / F.....

Address.....

Phone No..... Club..... EA Reg No.....

Email address

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. You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purposes of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age category.

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