

Kippax & District Harriers – 2009 Club Championship

Race No.	Race Name	Date	Comments
1	Brass Monkey Half Marathon	Sunday 18 th January	Fast & Flat – enter ASAP
2	Sport Direct Cross Country 5 mile	Sunday 1 st March	
3	South Leeds Stadium 5 mile	Sunday 22 nd March	
4	Wakefield Hospice 10k	Sunday 5 th April	
5	Rothwell 10k	Monday 4 th May (bank holiday)	Fast & Flat – enter ASAP
6	Ilkley Trail Race 6.9 mile	Sunday 24 th May	Flat & fast
7	Yorkshire Wolds Half Marathon	Sunday 18 th July	Incorporating a Summer Fete : lots to see & do for spectators
8	James Herriot Trail Race 14km	Sunday 26 th July	Undulating - great scenery
9	Sandal Castle 10K	Sunday 27 th September	
10	Harewood Trail Race 10 mile	Sunday 4 th October	Undulating & muddy
11	Pickering and Moors 10K	Sunday 25 th October	Tea & cake afterwards
12	Guy Fawkes 10 mile	Sunday 1 st November	Features the bristhwaite brute – enter ASAP
13	Winter Handicap : Temple Newsam 5 mile	Sunday 6 th December	Tea & Bacon sandwiches back at club

SCORING SYSTEM

Club Vest to be worn

Runner MUST run under his or her own name

Overall Championship Men = 20 Points Maximum

Overall Championship Ladies = 20 Points Maximum

Leagues = 20 Points Maximum Per League

Maximum of 8 races to count Minimum of 6 races to count

OTHER EVENTS

Spring Handicap Thursday 11th June 2009

Summer Handicap Thursday 24th Sept 2009

Leeds Country Way Sunday 6th September 2009

2010 Club Championship

Race No.	Race Name	Date
1	Cross Country	January
2	Snake Lane 10 Mile	February
3	Arkendale 10K	March

Ver 1.2

V 1.0