

**Keswick AC**  
**Winter Training League**  
**Junior Information**



**Registration:** If you haven't been issued a number, fill in a form & register. Keep your number for all future runs. If you have a number, make sure you are ticked off as present on the register.

**Visitors & New Members Welcome:** Please fill in a Guests' form. Membership forms are also available.

**Kit:** A lightweight weather top may be compulsory in bad conditions.

**Warm-up:** 10:15

**Start Time:** 10:30 Mass start for all age groups unless otherwise displayed.

**Route:** See the map. For out & back routes you turn back at the marker with your coloured age group number on it eg '13'. Circular routes will be flagged & marshalled.

**Distances:** As marked on the map, height climbed is also included. Maximum distances: U8 -1km, U11 – 2km, U13 – 3.5 km, U15 – 5km, U17 – 6.5km.

**U20s run with the Seniors.** Distances always less than 10km.

**Results & League Tables:** These will be displayed on the Club website: [www.keswick-ac.org.uk](http://www.keswick-ac.org.uk) & posted at the next event.

**Next Event:** See notices today & full details, maps etc will be available on the Club website.

**First Aid Kit is available – see your nearest marshal or official.**

**Any News, Pictures, Suggestions, training ideas?**  
Contact us at [training@keswick-ac.org.uk](mailto:training@keswick-ac.org.uk)

