



2016 Derwent AC Championship

Races (dates correct at time of publishing)

Haweswater Half Marathon- 6th March

Lorton School 10k- 12th March

Keswick Round the Houses- April (TBC)

Keswick Half Marathon- May 1st

Carlisle Tri 10k- June (1st or 8th)

Lords Seat Handicap Race- June 11th

Hadrian Wall Half Marathon- June 26th

Latrigg Keswick- August 17th

Grasmere Guides Race- August 28th

Gosforth 10k- September 7th

Great Cumbria Run Half Marathon- October 2nd

Dean Christmas Handicap- December 10th

Rules

- Any 6 races from 12 to count
- 4 or more DAC runners points are 31, 28, 25 etc.
- 3 or fewer DAC runners points are 21, 18, 15 etc.
- 2 joker races will be pulled out of the hat at the AGM (and all competitors who completed that race will gain double points for those races).

Men's points to be collected by Men's team captain- Tom Durcan

Ladies' points to be collected by Ladies' team captain- Debbie Walker