

# **Barlick Fell Runners Cross Country Championship 2019**

Each runner must complete three races from the five listed below to qualify for a position in the championship. Where a runner completes more than the minimum needed, the three best results will be the ones that count.

Points will be awarded for each race completed in the order of the position as a Barlick Fell Runner, irrespective of their position in the race. They will be awarded as follows:

1<sup>st</sup> Barlicker            60 points

2<sup>nd</sup> Barlicker            57 points

3<sup>rd</sup> Barlicker            55 points

4<sup>th</sup> Barlicker            54 points

each subsequent position, deduct one point.

Points can only be given to those who are paid up members of the club and races completed before that time will not count towards their final championship position.

## **Races**

<b>No</b>	<b>Date</b>	<b>Name</b>
1	10 November	Red Rose, Leverhulme Park, Bolton
2	17 November	Red Roser, Rossendale
3	1 December	Red Rose, Todmorden
4	5 January	Lancs XC Champs, Witton Park, Blackburn
5	12 January	Mid Lancs, Townley Park, Burnley