

Friends of Long Marton School

Helm Wind 3 Villages 10k and children's races



Sunday 13th May 2018

'The School Field', Long
Marton, CA16 6BT

1pm: 1.6k race for 9 & under
3k race for 11 & under, 13 & under,
14+ and adult fun runners—medal
for all finishers

2pm: Adult 10k road race (with
2km through Dufton Ghyll)

Team shields awarded to the primary school with best
four finishers in any children's race
and adult running club with best four finishers

Primary and pre-school age categories:

5 & under boys, 5 & under girls, 6 & 7 years boys, 6 & 7 years girls, 8 & 9
years boys, 8 & 9 years girls, 10 & 11 years boys, 10 & 11 years girls—*prizes
to fourth in each category (age on day of race).*

Entry: Adults 10k £8; Children's 1.6k and 3k £2 (£3 on day)

Contact 017683 61397 or john@longmarton.cumbria.sch.uk