

Road Race Calendar 2009

Date	Event
15/02/09	Keswick Buttermere Round
22/02/09	Netherhall 10
01/03/09	Haweswater Half Marathon
08/03/09	Little Strickland 10M
14/03/09	Dentdale Run
15/03/09	Workington to Keswick
11/04/09	Isel Cross
28/03/09	Coniston 14
15/04/09	Keswick Round the Houses
18 & 19/4/09	St Georges Day 10K
26/04/09	London Marathon
01/05/09	Dalton in Furness 10K
03/05/09	Keswick Half Marathon
09/05/09	Keswick to Barrow
17/05/09	Windermere Marathon
26/05/09	Lambfoot Loop
19/05/09	Moorclose 10K
June	Abbeytown 10
10/06/09	Gosforth 10
05/07/09	Lune Valley/Howgills 10M Road Race
07/07/09	Hay O Trail
22/07/09	Newlands Valley Round (Swinside)
05/08/09	Ellenborough 10K
Aug	Glaxo Summer 10K
01/09/09	Gosforth 10K
13/09/09	Cumberland Ale 10
20/09/09	Langdale Marathon and Half
20/09/09	Great North Run
18/10/09	Great Cumbrian Run
01/11/09	Derwentwater 10
Nov	Brampton to Carlisle
Dec	Ulverston Xmas Pudding 10K
12 & 13/12/09	Langdale Xmas Pudding 10K