

Week commencing 27th Nov	Monday November 27th	Tuesday November 28th	Wednesday November 29th	Thursday November 30th	Friday December 1st	Saturday December 2nd	Sunday December 3rd
Collection point	Carlisle Pools	Sands Centre	Morton Leisure Centre	Trinity Leisure Centre	Morton Manor	Carlisle Park Run	
Time	7.15-8.15pm	6.00-7.00pm	6.15-7.15pm	6.00-7.00pm	5.30-6.30pm	9.15-10.15am	
Week commencing 4th Dec	Monday December 4th	Tuesday December 5th	Wednesday December 6th	Thursday December 7th	Friday December 8th	Saturday December 9th	Sunday December 10th
Collection point	Carlisle Pools	Rome Street (DH Runners)	Morton Leisure Centre	Trinity Leisure Centre	Morton Manor	Carlisle Park Run	City Centre Race registration
Time	7.15-8.15pm	6.00pm	6.15-7.15pm	6.00-7.00pm	5.30-6.30pm	9.15-10.15am	Race Day