

CLEETHORPES ATHLETICS CLUB
Presents
The GRIMSBY INSTITUTE OF FURTHER & HIGHER EDUCATION

BEACH TERRAIN CROSS COUNTRY MEETING
(Starting adjacent to Cleethorpes Leisure Centre –South Side.) Course consists of FIRM & SOFT
SAND, GRASSLAND AND DUNES

SUNDAY 7th FEBRUARY 2010 at 11.30am.

Permit No. NOEAA . 0910077

Under ECCA & UKA RULES

| RACE | DISTANCE | TIME |
|-----------------------------------|----------|------------|
| 1. U11 GIRLS (U11 on day of race) | 1700m | 11.30am |
| 2. U11 BOYS (U11 on day of race) | 1700m | 11.45am |
| 3. U13 GIRLS | 2000m | 12.00 noon |
| 4. U13 BOYS | 2800m | 12.20pm |
| 5. U15 GIRLS | 2800m | 12.30pm |
| 6. U15 BOYS | 3200m | 12.50pm |
| 7. SEN/JUN/VET. MEN | 8500m | 13.15pm |
| 8. U17 MEN | 5500m | 13.15pm |
| 9. SEN/JUN/VET. LADIES | 5000m | 13.45pm |
| 10. U17 LADIES | 5000m | 13.45pm |

AWARDS First 3 individuals in each age group
First 3 teams (3 to count) in all age groups except Sen./Jun/ Vet. Men and Sen./Jun/Vet. Ladies
who will count as a combined team.

IN EVENTS 1-4 INCLUSIVE THE CLEETHORPES AC . CHALLENGE CUP TROPHIES WILL BE AWARDED TO
LOCAL PRIMARY SCHOOL TEAMS-(3 TO COUNT FOR A TEAM)-- ONE GIRLS CUP AND ONE BOYS CUP
BASED ON THE SCHOOLS WITH THE WINNING CUMULATIVE SCORES.

ENTRY FEES ALL EVENTS £3.00.

ENTRY on Day PLUS £1.00-----will count for all awards

Plus £2.00 for all unattached Senior/Junior/Veteran competitors

ENTRIES TO: Tonia Saunt Whitegates Ludborough Road North Thoresby N. E Lincolnshire
DN36 5RF

Tel. 01472 841973

E-mail tonia.s@btinternet.com

CLOSING DATE for pre-entries Wednesday 26th January 2010

Club colours to be worn for team awards. Please enclose S.A.E. for further details

ENTRY FORM CLEETHORPES AC.CROSS COUNTRY SUNDAY FEBRUARY 2010

NAME _____ AGE GROUP _____

CLUB/SCHOOL _____ D.O.B. _____

ADDRESS _____

TEL. NO. _____ e-mail _____ Entry Fee _____

I/we declare that I/am/we/are medically fit to run and I/we understand that entry is at my/our own risk. The organisers will not be held responsible for injury, loss, or illness however occasioned from this event.