

Cross Country Championships 2010 Riseholme Park, Lincoln

Sunday 10th January 2010

Athletes may complete in this competition if they were born or are resident in Lincolnshire. Entry Fee £1.50 per athlete.

GAC athletes must wear a club vest.

Age Groups The age group is that prior to the commencement of the competition year i.e. 1st October to 30th September in the following year

U13, U15 & U17 the age is that at midnight on 31st August.

U20 age group is confined to competitors who are 17 or over on 31st August, but under 20 on 31st December in the calendar year of competition.

Minimum age – U13 age group lowest age is restricted to 11 years on the day of competition. (Veterans – age as on the day of competition)

Intercounty selection criteria. The first four athletes at the County Cross Country Championship will be selected for the team, the remaining places in the intercounty team will be given to athletes selected at the discretion of the Team Managers.

Awards – Badges to 1st, 2nd and 3rd individuals and teams. Teams need **three** to score, Junior/Senior/Vet men also J/V women will compete as combined events, but age groups scored separately. Senior Women separate age group with longer course, Vet women can elect to compete in Senior Race and only score in senior age group.

NO LATE ENTRIES CAN BE ACCEPTED

Please complete the details below and return to Jackie Bainbridge by **December 23rd 2009**, on training night or by post to 46 St Martins Way, Ancaster, Grantham Lincs NG32 3RA – entries can only be accepted with the fee, **NO CASH IN THE POST**, cheques payable to Grantham Athletic club. Thank you.

Name: _____ DOB _____ AGE _____

Address: _____

County of birth _____

England Athletic Registration Number _____ (to be found on the white credit card with red pattern on it, card issued to individuals by EA)

Parents/guardians signature (if athlete under 16 years old) _____

You will need to bring pins on the day – numbers will be issued on the day.