



ENGLAND ATHLETICS



English Cross Country Association

The Saucony National Cross Country Championships 2010

Roundhay Park, Leeds, on Saturday 27th February 2010 at 11.00 am

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- Under 15 Boys Championship** (4.5K) at 11.00 am. Ages 13 & 14 years as at 31st August/1st September 2009
FOUR to score – all accepted entrants may run.
- Junior Women Championship** (6K) at 11.20 am Ages 17, 18 & 19 years as at 31st August/1st September 2009
FOUR to score – all accepted entrants may run.
- Under 17 Women Championship** (5K) at 11.45 am Ages 15 & 16 years as at 31st August/1st September 2009
FOUR to score – all accepted entrants may run.
- Under 13 Girls Championship** (3K) at 12.10 pm Ages 11 & 12 years as at 31st August/1st September 2009
(11 years on the day of competition). FOUR to score – all accepted entrants may run.
- Under 17 Men Championship** (6K) at 12.25 pm Ages 15 & 16 years as at 31st August/1st September 2009
FOUR to score – all accepted entrants may run.
- Under 15 Girls Championship** (4K) at 12.55 pm. Ages 13 & 14 years as at 31st August/1st September 2009
FOUR to score – all accepted entrants may run.
- Junior Men Championship** (10K) at 1.15 pm Ages 17, 18 & 19 years as at 31st August/1st September 2009
FOUR to score – all accepted entrants may run.
- Under 13 Boys Championship** (3K) at 2 pm Ages 11 & 12 years as at 31st August/1st September 2009
(11 years on the day of competition). FOUR to score – all accepted entrants may run.
- Senior Women Championship** (8K) at 2.15 pm Age must exceed 20 years as at 31st August/1st September 2009
FOUR to score – all accepted entrants may run.
- Senior Men Championship** (12K) at 3.00 pm Age must exceed 20 years as at 31st August/1st September 2009
SIX to score – all accepted entrants may run.

Entry fee: £5.00 per entrant all age groups.

Club vests must be worn; athletes must be first claim club members to compete.

Please complete the details below and return to Jackie Bainbridge by **6th January 2010**, on training night or by post to 46 St Martins Way Ancaster Grantham Lincs NG32 3RA – entries can only be accepted with the fee, cheques payable to Grantham Athletic Club, no cash in the post please.

NO LATE ENTRIES CAN BE ACCEPTED.

Name: _____ DOB _____ Age _____

Address: _____

Email: _____

Telephone No _____

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