

**NORTHERN ATHLETICS
GREAT NORTH CROSS COUNTRY
CHAMPIONSHIPS
(Under UKA Rules)**



Sherdley Park, St Helens

Saturday 24th January 2009 at 11.30 a.m.

Under 17 Womens Championship (4.5km) at 11.30am. Competitors 15 & 16 years on 31st August / 1st September 2008. **Cost £3.50 each.**

Under 17 Mens Championship (6km) at 11.55am. Competitors 15 & 16 years on 31st August/1st September 2008. **Cost £3.50 each**

Under 13 Girls Championship (3km) at 12.15pm. Competitors 11 years on the day of competition & 12 years on 31st August/1st September 2008. **Cost £3.50 each.**

Senior Womens Championship (8km) at 12.25pm. Competitors 20 years and over on 31st August / 1st September 2008. **Cost £4.00 each.**

Under 15 Boys Championship (4km) at 1.10pm . Competitors 13 & 14 years on 31st August / 1st September 2008. **Cost £3.50 each.**

Under 15 Girls Championship (4km) at 1.30pm . Competitors 13 & 14 years on 31st August / 1st September 2008. **Cost £3.50 each.**

Under 13 Boys Championship (3km) at 1.50pm . Competitors 11 years on the day of competition & 12 years on 31st August / 1st September 2008. **Cost £3.50 each.**

Senior Mens Championship (12km) at 2.00pm. Competitors 20 years and over on 31st August / 1st September 2008. **Cost £4.00 each**

Under 20 Mens Championship (8km) at 3.00pm . Competitors 17, 18 & 19 years on 31st August / 1st September 2008. **Cost £4.00 each**

Under 20 Womens Championship (6km) at 3.20pm. Competitors 17, 18 & 19 years on 31st August / 1st September 2008. **Cost £4.00 each.**

Closing date: **Wednesday 10th December 2008**

Entries with fee to Jackie Bainbridge either on club night or post to 46 St Martins Way, Ancaster, Grantham, Lincs NG32 3RA – please do not send cash in the post.

You must be a first claim member of Grantham Athletic Club to be able to enter this competition.

Name D.O.B.
Address
.....
..... Post code
Email.....

Entry Fee	£
Programme (£1.50 each)	£
Total enclosed	£