

LOUTH ATHLETIC CLUB

OPEN CROSS COUNTRY MEETING

(Under N.C.C.A Rules)

SUNDAY 7th OCTOBER 2007

First Race At 11.am

TO BE HELD AT

LOUTH ATHLETICS SPORTS GROUND

LONDON ROAD, LOUTH. (B1502)

Permit No. Linc 1/2007

RACES		(Ages as at 31 st August 2007)	
1.	11.00am	Under 11 Girls (under 11 on the day)	1880m.
2.	11.15am.	Under 11 Boys(under 11 on the day.)	1880m.
3.	11.30am	Under 13 Girls	2500m.
4.	11.50am	Under 13 Boys	3000m.
5.	12.10pm	Under 15 Girls	3300m.
6.	12.30pm..	Under 15 Boys	4250m.
7.	12.55pm.	Junior-Senior-Vet men	9170m.
8.	12.55pm.	Under 17-Men.	5730m
9.	13.40pm	Under 17-Ladies	4250m
10.	13.40pm	Junior-Senior-Vet-Ladies	5730m

ENTRY FEES:	Events 1 – 6	£2.00
	Events 1 – 6 Unattached	£3.00
	Events 7 – 9	£2.50
	Events 7 – 9 Unattached	£3.50

ALL LATE ENTRIES AND ENTRIES ON THE DAY(All Ages) £1.00 EXTRA
POSTAL RESULTS £0.50

Please Make Cheques Payable To LOUTH ATHLETIC CLUB.

REFRESHMENTS

FIRST AID

TOILETS

AWARDS

FIRST THREE INDIVIDUALS (ALL AGE GROUPS – INC – VETS)

FIRST THREE TEAMS (ALL AGE GROUPS.)

(Except Junior-Senior-Vet Men Combined and Junior-Senior-Vet Ladies Combined.)

CLUB COLOURS MUST BE WORN FOR TEAM PRIZES.

CLOSING DATE FOR ENTRIES: SATURDAY 29th SEPTEMBER 2007

Entries To: Mr Steve Smith

Seaholme, Trusthorpe Road, Sutton on Sea, Lincolnshire, LN12 2LG

NO ENTRIES AFTER SAT 29th SEPTEMBER – ENTER ON DAY ONLY

Please Enclose S.A.E For Confirmation, Directions, and Numbers.

ENTRY FORM: LOUTH A.C. CROSS-COUNTRY 7-10-2007

FULL NAME:.....AGE GROUP.....
ADDRESS.....D.O.B.....
.....CLUB:.....
TEL No.....REG.NO.....
ENTRY FEE £..... RESULTS £..... AMOUNT ENCLOSED £.....

Declaration:

I am medically fit to run and understand that I enter at my own risk. The organisers will not be held liable for injury, loss, or illness however occasioned from this event.

Signed: Date.....

(Parent/Guardian if under 16)