



Scunthorpe & District AC Annual Quibell Park Cross Country

In memory of Allan Balderson
(Held under UKA & ECCA rules)

At Quibell Park (DN17 1SR) on Sunday 13th

November 2016

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1. Fun run	1250m	11.15
2. U11 Girls	2000m	11.30
3. U11 Boys	2000m	11.30
4. U13 Girls	2700m	11.45
5. U13 Boys	2700m	11.45
6. U15 Girls	4000m	12.05
7. U15 Boys	4500m	12.45
8. Senior/Veteran Men	10200m	13.20
9. U17 Men	6400m	14.20
10. U17/Senior/Veteran Women	6400m	14.20

Times and distances are approximate. The Club reserves the right to start a race before time stated.

AWARDS: U17/Senior/Veteran prizes to first three
 U11/U13/U15 Trophies to first three
 Fun Run medal and chocolate for all finishers
 Athletes are only eligible for ONE prize excluding team award.

TEAM AWARDS: to first team in each event (except 9 and 1) First 3 runners to finish for club to count as team, identical club colours of registered design must be worn to be eligible.

ENTRY FEES: events 1 £3.00 2-7 £5.00 8-10 £8.00
 Plus £2.00 for all unattached Seniors and Veterans
 Plus £2.00 entry on the day

Cheques and P.O.s payable to Scunthorpe & District A.C.

All entries must be hard copy and with payment.

ENTRIES TO: Rachael Abdi-Stephenson, 10 Greenwich close, Scunthorpe DN15 8GZ

E MAIL: rachaelabdi@hotmail.co.uk

Ages as Midnight 31st August 2016 (except those who are 11 by day of competition who must run as U13.

CLOSING DATE 7th November 2016, entries allowed on race day.



Name Club.....

Age Group..... UKA No.....

D.o.BM / FTel. No.

Entry Fee EnclosedAddress

Signed

E-mail address