

LOUTH ATHLETIC CLUB

OPEN CROSS COUNTRY MEETING

(Under UKA Rules)

SUNDAY 4TH OCTOBER 2009

First Race at 11am. Entries accepted on the day.

LOUTH ATHLETICS SPORTS GROUND

LONDON ROAD, LOUTH, (B1502)

Permit applied for

RACES (Ages as at 31st August 2009)

1.	11.00am	Under 11 Girls (under 11 on the day)	1800m
2.	11.15am	Under 11 Boys (under 11 on the day)	1800m
3.	11.30am	Under 13 Girls	2250m
4.	11.50am	Under 13 Boys	3300m
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	Under17 Men	5730m
9.	13.40pm	Under 17 Ladies	4250m
10.	13.40pm	Junior-Senior-Vet Ladies	5730m

Entry Fees: Events 1-6 £2.50 Unattached £3.50
Events 7 -9 £3.00 Unattached £4.00

Entries on the day will be accepted at the above fees.

Cheques payable to Louth Athletic Club

AWARDS

First three individuals all age groups inc Vets.

First three teams all age groups except Junior -Senior-Vets Men & Ladies which are combined.

CLUB COLOURS MUST BE WORN FOR TEAM PRIZES

Results:<http://www.louth-ac.org.uk>

Please send S.A.E. for Confirmation, directions & numbers.

Entries to: Sue Murfin, 2 Fulleby Road, Belchford, Horncastle, LN9 6LD.

Tel:01057 533344 or e-mail suemurfin@btinternet.com

ENTRY FORM: LOUTH A.C. CROSS-COUNTRY 04/10/2009

Full Name:.....Age Group.....

Address:.....D.O.B.....

.....Club.....

Tel No:Reg.No

Entry Fee: £..... Postal Results + 50p 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)