

# 30th Durham Cathedral Cross Country Relays



presented by Durham City Harriers & A.C.  
with the support of Durham County Council & Durham University  
and incorporating the

*Veteran Athletic Association North East*

*Open Relay Championships*

**Sunday 12th January 2014**

**At the Race Course, Green Lane, Durham**  
(Under UK Athletics rules, permit no \*\*\*\*\* )

**Race H.Q. is Durham University  
Cricket Pavilion, Green Lane, Durham**

All races are for teams of 3, each runner completing 2 laps of a fast, mainly flat, grass course of approximately 1500m.

Race	Time	Event
1	10.15	Veteran men*
2	10.55	Senior women/Veteran women*
3	11.35	Senior Men

\* Includes Veterans Athletic Association North East Championships, open to all veterans:

- who are first claim members of the club they are competing for
- who qualify for the Championship by residence or birth in the counties of Northumberland, Durham, Tyne & Wear or Cleveland

## Prizes

**Race 1** First team: o/35, o/45, o/55, o/65 (VAANEE Awards, 1<sup>st</sup> 3 teams o/35, o/45, o/55, o/65) (BMAF standard team age groups from Jan 2011)  
Fastest leg: o/35, o/40, o/45, o/50, o/55, o/60, o/65.

**Race 2** First three senior women's teams and fastest leg  
First two veteran women's teams. Fastest leg: o/35, o/40, o/45, o/50 (VAANEE Awards 1<sup>st</sup> 3 teams o/35, o/45, o/55)

**Race 3** First three teams and fastest individual leg

**Entry Fees £15.00 per team. Clubs may enter more than one team.**



Making a difference where you live

## Race Conditions

No unattached teams.

Teams must be declared at least 15 minutes before the start of a race.

Age Group prizes will only be awarded to vets running in a vets team.

Age category of veteran runners **MUST** be specified on team sheet.

Only First Claim runners to count.

Club colours must be worn.

Seniors must be 16 years of age or over on 31<sup>st</sup> August 2013

## Please Note

The promoters reserve the right to curtail the prize list of any race when the number of competitors is considered insufficient.

The promoters will accept no liability for any loss or damage to equipment and clothing or for injuries when competing at this meeting.

The event will be held on the new course same as the Summer 2013 relays.

## Closing Date

Entries by Sunday 5th January 2014 on form below. No entries on the day.

## Entries to

Chris Herkes

64 Broomside Lane, Belmont.

Durham, DH1 2QT

Contact Enquiries

Tel 01913840214

Email [chrisherkes@yahoo.co.uk](mailto:chrisherkes@yahoo.co.uk)

## Cheques made payable to

Durham City Harriers & AC

No SAE needed entry will be confirmed to your email or mobile number

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## Entry Form

Race	Event	No. of Teams	£
1	Veteran Men	x £15.00	
2	Senior women/Veteran women	x £15.00	
3	Senior men	x £15.00	
		Total	
Club Name:			
Contact Name			
Contact mobile phone no:			
Contact e-mail address:			