

33rd Durham Cathedral Cross Country Relays

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

*North East Masters Athletic Association
Open Cross Country Relay Championships*

Sunday 14th January 2018

**At the Graham Sports Centre, Maiden Castle,
Durham**

Under UK Athletics rules, (Permit applied for)

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

Race	Time	Event
1	10.15	Veteran men*
2	11.00	Senior women/Veteran women*
3	11.45	Senior Men

* Includes North East Master Athletics Association Championships, open to all veterans who are first claim members of the club they are competing for

Please note that there are No Junior races at this event

Prizes:

- Race 1** First team: o/35, o/45, o/55, o/65 (NEMAA Awards, 1st 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 team: o/35, o/45, o/55, o/65 (NEMAA Awards, 1st 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 3** First three teams and fastest individual leg

Entry fee is £15.00 per team. Clubs may enter more than one team.

Race Conditions

No unattached teams.

Teams must be declared at least 20 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 14th January 2018

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.

Closing Date

Entries by Sunday 7th January on the form below. No entries on the day.

Entries to

Chris Herkes

64 Broomside Lane, Belmont.

Durham, DH1 2QT

Contact Enquiries

07702794489

Email 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

.....

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 and address (<i>important if prizes are won</i>)			
Contact mobile phone no:			
Contact e-mail address:			