

31st Durham Cathedral Cross Country Relays



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

North East Masters Athletics Association Championships

Sunday 11th January 2015

At the Race Course, Green Lane, Durham

(Under UK Athletics rules, permit no* 2015009)

**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, mostly flat, grass course of 1500m (wheel measured).

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

* Includes North East Masters 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 (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 Fees £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 31st August 2014

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 4th January 2015 on form below. No entries on the day.

Entries to

Chris Herkes

64 Broomside Lane, Belmont.

Durham, DH1 2QT

Contact Enquiries

Tel 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

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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:			