

Durham Summer Cross Country Relays

presented by

DURHAM CITY HARRIERS & AC

with the support of Durham University

Thursday 18th August 2016

University Sports Fields, Green Lane, Durham, DH1 3JU

(Held under UK Athletics rules - permit applied for)

Enjoy the beautiful setting of the University grounds at Green Lane, Durham City
Refreshments will be available from the Cricket Pavilion

All races are for teams of 3. Each runner runs two laps of a fast, mostly flat, grass course of approximately 1500m

PLEASE NOTE THERE WILL BE NO JUNIOR RACES AT THIS EVENT

Programme

Race	Time	Event
1	6.30pm	Senior Men & Senior Women
2	7.05pm	Vet Men(35+) & Vet Women (35+) & Mixed Team* relay

*Mixed Team can include any combination of Senior and/or Vets but must include at least one male and one female runner

Prize list supported by **START FITNESS**

Prizes for Race 1&2: 1st, 2nd, 3rd teams in Sen Men, Sen Women, Vet Men, Vet Women, Unattached, Mixed team; Fastest leg in Sen Male, Sen Female, Vet Male, Vet Female
Additional spot prizes

Entry Fees: Senior events, £12 per team. Clubs may enter more than one team. Unattached teams £2 extra per team. No entries on the day.



Durham
University

Race conditions: Teams must be declared at least 15 minutes before the start of a race. Registration will open at 5.30pm. Senior athletes must be 16 years of age or over on 31st August 2015.

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 event.

The races will be followed by a presentation in the cricket pavilion

Closing date for entries: By Saturday 13th August 2016 using the form below. Entry will be confirmed via text or email.

Entries to:

Chris Herkes
64 Broomside Lane
Belmont
Durham DH1 2QT

Contact for enquiries:

Tel: 07702794489
Email: chrisherkes@yahoo.co.uk

Cheques made payable to 'Durham City Harriers & AC'

Durham Summer Relays 2016 Entry Form

Race	Event	No. of teams	£
1 & 2	Senior Men & Women; Vet	x £12 (affiliated club)	
	Men & Vet Women (35+); Mixed Teams (Men/Women)	x £14 (unattached)	
		Total	
Club Name:			
Contact Name & Address (Needed in case prizes are won):			
Contact phone:			
Contact e-mail:			

Race numbers to be collected on the night of the event