

33rd Durham Cathedral Cross Country Relays

presented by

DURHAM CITY HARRIERS & AC

with the support of Durham University

and incorporating the

North East Masters Athletics Association Championships

Sunday 15th January 2017

The Racecourse, Green Lane, Durham, DH1 3JU

(Held under UK Athletics rules - permit applied for)

All races are for teams of 3. Each runner runs two laps of a fast, mostly flat, grass course
(each lap approx. 1500m)

Programme

Race	Time	Event
1	10.15	Vet Men (35+)*
2	10.55	Senior Women/Vet Women (35+)*
3	11.35	Senior Men

* Includes North East Masters Athletic Association 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

Prize list supported by **START FITNESS**

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 per team. Clubs may enter more than one team. No entries on the day.



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. Senior athletes must be 16 years of age or over on 31st August 2016.

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 Wednesday 11th January 2017 using the form below. Entry will be confirmed via text or email. No entries on the day.

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 Cathedral Relays 2017 Entry Form

Race	Event	No. of teams	£
1	Vet Men (35+)	x £15	
2	Senior Women/Vet Women (35+)	x £15	
3	Senior Men	x £15	
		Total	
Club Name:			
Contact Name & Address (Needed in case prizes are won):			
Contact phone:			
Contact e-mail:			

Race numbers to be collected on the morning of the event