

Durham Summer Cross Country Relays

Introducing a new Junior Relay for 2017

presented by

DURHAM CITY HARRIERS & AC

with the support of Durham University

Thursday 10th August 2017

The Graham Sports Centre, Maiden Castle, Durham

(Held under UK Athletics rules - permit applied for)

Enjoy the beautiful setting of the University grounds at Maiden Castle, Durham City.
Refreshments will be available from the Café, with prizes awarded on the night.

New for 2017: Junior race for ages 14-16 (must be 14/under 17 on day of race).

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	18.30	Senior Men & Women
2	18.30	Juniors 14-16 (race at same time as Seniors)
3	19.05	Vet Men & 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

Race 1&3: 1st (£35), 2nd (£30), 3rd (£25) teams for Senior Men, Senior Women, Vet Men, Vet Women, Unattached, Mixed Team. Fastest leg: Senior Male & Female (£100), Vet Male & Female (£25)

Race 2: 1st, 2nd, 3rd teams will receive medals. Fastest leg will receive a £25 voucher.

Additional spot prizes

Entry Fees: £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 20 minutes before the start of a race. Registration will open at 5.30pm. Senior athletes must be 17 years of age or over on the day of the race. Junior athletes must be 14 years of age and under 17 years of age on the day of the race.

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 Café.

Closing date for entries: By Saturday 5th August 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 Summer Relays 2017 Entry Form

Race	Event	No. of teams	£
1	Senior Men/Senior Women	x £12	
2	Juniors 14-16	x £12	
3	Vet Men (35+)/Vet Women (35+)	x £12	
		Total	
Club Name:			
Contact Name & Address (needed in case prizes are won):			
Contact phone:			
Contact e-mail:			

Race numbers to be collected on the evening of the event