

# Durham Cathedral Cross Country Relays

presented by

**DURHAM CITY HARRIERS & AC**

with the support of Durham University

incorporating the NEMAA Open Cross Country Relay Championships

**Sunday 14th January 2018**

**Graham Sports Centre, Maiden Castle, Durham, DH1 3SE**

(Held under UK Athletics rules - permit applied for)

Enjoy the beautiful setting of the University grounds on the edge of Durham City.

Refreshments will be available from the Sports Centre.

All races are for teams of 3. Each runner runs two laps of a fast, mostly flat, grass course  
(approx. 3000m total)

**\*PLEASE NOTE THERE WILL BE NO JUNIOR RACES AT THIS EVENT\***

## Programme

Race	Time	Event
1	10.15am	Vet Men*
2	11.00am	Senior Women / Vet Women*
3	11.45am	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

**Race 1:** First team – o/35, o/45, o/55, o/65 (NEMAA awards – first 3 teams o/35, o/45, o/55, o/65)

**Race 2:** First 3 Senior Women teams and fastest individual leg; First team – o/35, o/45, o/55, o/65 (NEMAA awards – first 3 teams o/35, o/45, o/55, o/65)

**Race 3:** First 3 teams and fastest individual leg

**Entry Fees:** £15 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. Senior athletes must be 16 years of age or over on 14<sup>th</sup> January 2017.

**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 Sports Centre**

**Closing date for entries:** By Sunday 7<sup>th</sup> January 2018 using the form below. Entry will be confirmed by email or mobile.

**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 2018 Entry Form

Race	Event	No. of teams	£
1	Vet Men	x £15	
2	Senior Women / Vet Women	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**