

Durham Summer Cross Country Relays

presented by

DURHAM CITY HARRIERS & AC

with the support of Durham University

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

Monday 18th August 2014

At University Sports Fields, Green Lane, Durham

(Under UK Athletics rules, permit no. (applied for)

All races are for teams of 3, each young athlete completing one lap and each senior runner two laps of a fast, mostly flat, grass course of approximately 1500m. The young athletes' relay is for teams of three U15 boys OR three U15 girls. U13 boys and U13 girls may compete in U15 boys and U15 girls teams respectively. Age groups as at 31st August 2013.

Programme

Race	Time	Event
1	6.00pm	Young athletes' relay
2	6.40pm	Senior Men & Women
3	7.15pm	Vet Men & Vet Woman (35+) & mixed team* relay

Please note * Mixed team any combination of male/female runner in the Senior & Vets race.

Prizes

Race 1 First team: U13 & U15 boys, and U13 & U15 girls

Race 2 First team: sen. men, sen. women, vet. men, vet. women, ,unattached team, Sen mixed team. Fastest leg male, female & vet prizes.

Additional spot prizes.

Prize list supported by **START FITNESS**

Entry Fees

Senior events, £12.00 per team. Young athletes' events, £6.00 per team. Clubs may enter more than one team. Unattached teams £2.00 extra. No on the day entries.



Durham City Harriers



University of Durham

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 2013

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. Team prizes to be awarded on the night full results will be published ASAP.

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

Closing Date

Entries by Saturday 9th August 2014 on 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 2014 Entry Form

Race	Event	No. of teams	£
1	Young athletes relay	x £6.00	
2&3	Senior Men & Women, Vet men & women(35+) & mixed team(men/women)	x £12.00	
	Unattached teams	x £14.00	
		Total	
Club Name:			
Contact Name & Address:			
Contact phone no.:			
Contact e-mail address:			

Race numbers to be collected on the night of the event.