

29th Durham Cathedral Cross Country Relays



**presented by Durham City Harriers & A.C.
with the support of Durham County Council &
Durham University**

**and incorporating the
Veteran Athletic Association North East
Open Relay Championships**

Sunday 13th January 2013

At the Race Course, Green Lane, Durham

(Under UK Athletics rules, permit no 1213063)

Race H.Q. is Durham University

Cricket Pavilion, Green Lane, Durham

**All races are for teams of 3, each runner completing 2 laps of
a fast, flat, grass course of approximately 1500m.**

Race	Time	Event
1	10.15	Veteran men*
2	10.55	Senior women/Veteran women*
3	11.35	Senior Men

* Includes Veterans Athletic Association North East 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

Prizes

Race 1 First team: o/35, o/45, o/55, o/65 (VAANEE 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 two veteran women's teams. Fastest leg: o/35, o/40, o/45,
o/50 (VAANEE Awards 1st 3 teams o/35, o/45, o/55)

Race 3 First three teams and fastest individual leg

E £15.00 per team. y enter |



Durham
University



Durham City
Harriers



Making a difference where you live

Race Conditions

No unattached teams.

Teams must be declared at least 15 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.

Seniors must be 16 years of age or over on 31st August 2012

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 meeting.

Closing Date

Entries by Saturday 5th January 2013 on form below. No entries on the day.

Entries to

J Ayres
54 Brookside
Witton Gilbert
Durham
DH7 6RT

Cheques made payable to

Durham City Harriers & AC

No SAE needed entry will be confirmed to your email or mobile number

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Entry Form

Race	Event	No. of Teams	£
1	Veteran Men	x £15.00	
2	Senior women/Veteran women	x £15.00	
3	Senior men	x £15.00	
		Total	
Club Name:			
Contact Name			
Contact mobile phone no:			
Contact e-mail address:			