

27th Durham Cathedral Cross Country Relays



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

Veteran Athletic Association North East

Open Relay Championships

Sunday 17th January 2010

At the Race Course, Green Lane, Durham
(Under UK Athletics rules, permit no.0910089)

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/40, o/50, o/60 (VAANEE Awards, 1st 3 teams o/35, o/40, o/50, o/60)
Fastest leg: o/35, o/40, o/50, o/60.

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

Entry Fees £11.00 per team. Clubs may enter more than one team.



University of
Durham



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 2009

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 9th January 2010 on form below. No entries on the day.

Entries to

G.Richardson
12,Glebeside
Witton Gilbert
Durham
DH7 6SD

Cheques made payable to
Durham City Harriers & AC

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Entry Form

Race	Event	No. of Teams	£
1	Veteran Men	x £11.00	
2	Senior women/Veteran women	x £11.00	
3	Senior men	x £11.00	
		Total	
Club Name:			
Contact Name & Address:			
Contact phone no.:			
Contact e-mail address:			