

CAMBERLEY & DISTRICT ATHLETIC CLUB



www.camberleyathletics.org.uk



53rd Annual Open Cross Country Meeting

**Sunday 17th November 2019 at Ravenscote Junior School,
Old Bisley Road, Frimley, Camberley, Surrey GU16 9RE**

(Individual runners and teams welcome UKA Permit No TBA)

- Entry Fees:** Pre-entries U9-U17 age groups £5.50 per athlete
Juniors & Seniors £9.00 (£7.00, for UKA registered.athletes – send copy of registration card)
- Entry On the day:** U9-U17 age groups £6.00
Juniors & Seniors – £10.00 (£8.00 for UKA registered.athletes, please present registration card on the day).
- Awards:** Medals for the first three individuals and 3 teams (3 athletes to count) in each age group.

All athletes enter as individuals. There is no limit on the number of entries from any club or school.

The course, entirely in woodland, will be fully signed and marshalled. Team members must all run in registered club colours (UKA rule for competition 143 S1). Closing date for postal entries is 11th November 2019. **CHEQUES PAYABLE to:** Camberley & District A.C. 20 Tekels Way, Camberley, Surrey GU15 1HX. **Race Numbers available for collection at the entry desk on race day.**

Timetable

11:00	U9 Girls and Boys	1.5 km - 1 small lap	11:51	U15 Girls	3 km - 2 small laps
11:10	U11 Girls	2km - 1 medium lap	12:10	U15 Boys	4km - 1 small 1 large lap
11:25	U11 Boys	2.5 km - 1 large lap	12:11	U17 Ladies	4km - 1 small 1 large lap
11:30	U13 Girls	2.5 km - 1 large lap	12:34	Junior and Senior Men	9.6 km – 4 large laps
11:50	U13 Boys	3km - 2 small laps	12:35	U17 Boys & Jun. & Senior Ladies	6.25 km – 1 small 2 large laps

Please note Senior Ladies may choose to run the longer course with the Junior and Senior Men.
Age limits refer to age as of 1st September 2019 All distances are approximate and times are subject to change.

Entry form

Please enter me in the Camberley Open Cross Country meeting on 17th November 2019.

I agree that the organisers and their sponsors will in no way be held responsible for any injury (including fatal injury), illness, accident to my person and loss or damage to my property as a result of my participation in this event. I will abide by the rules and laws of UKA governing this event.

Surname First name

Postal Address

..... County Post Code

Telephone Home Daytime

Email address

Sex (Male/Female) DoB England Athletics Registration Number

First Claim Affiliated Club

Team Name (if different)

Please tick here if you wish to receive information on future events

www.camberleyathletics.org.uk

