



AMATEUR ATHLETIC ASSOCIATION OF ENGLAND

Patron: Her Majesty The Queen

English Cross Country Association

SAUCONY National Cross Country Relays 2005

Saturday 12th November 2005, Berry Hill Park Mansfield, Nottinghamshire

Under 13 Girls (3x2K) at 11.45 am. Ages 11 & 12 years as at 31st August/1st September 2005 (11 years on day of competition).

Under 15 Girls (3x2K) at 11.20 am. Ages 13 & 14 years as at 31st August/1st September 2005.

*Under 17 Women (3x2.5K) at 12.35 pm. Ages 15 & 16 years as at 31st August/1st September 2005.

*Junior Women (3x2.5K) at 12.35 pm. Ages 17, 18 & 19 years as at 31st August/1st September 2005.

Senior Women (3x3K) at 1.35 pm. Age must exceed 20 years as at 31st August/1st September 2005.

Under 13 Boys (3x2K) at 12.10 pm. Ages 11 & 12 years as at 31st August/1st September 2005 (11 years on day of competition).

Under 15 Boys (3x2K) at 11.00 am. Ages 13 & 14 years as at 31st August/1st September 2005.

**Under 17 Men (3x3K) at 1.10 pm. Ages 15 & 16 years as at 31st August/1st September 2005.

**Junior Men (3x3K) at 1.05 pm. Ages 17, 18 & 19 years as at 31st August/1st September 2005.

Senior Men (4x5K) at 2.15 pm. Age must exceed 20 years as at 31st August/1st September 2005.

*To be run as one race - results will be recorded as two separate races

**To be run as one race with 5 minutes between start of Junior and Under 17 Men - results will be recorded as two separate races

- 1 Clubs may enter a MAXIMUM of three teams in EACH age group.
2 Entries must be on an official form and a MAXIMUM of two entry forms per club will be accepted (ie one for men and one for women).
3 The entry fee is £16 for Senior Men's Relay (x4) and £12 for all other relays (x3).
4 Normal first-claim and age group rules apply.
5 Clubs are required to complete and sign a declaration form on the day from names on entry form.
6 Race information will only be sent to those clubs who send stamped addressed envelope with their entry as requested.
7 Closing date for entries: Monday 24th October 2005 to: Mrs V Duerdin, 10 Anderton Close, Bury, Lancashire BL8 2HQ. Tel 0161-764 1046.

Name of Club.....

Name & Address (for correspondence).....

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.....Post Code.....

Telephone: Home..... Work.....

- (a) I declare that all runners are first-claim members of the club.
(b) I have enclosed a cheque payable to ECCA for £.....
(c) I have enclosed a stamped addressed envelope for final details. I understand that no information will be sent without a S.A.E.

Signed.....

Date.....