



Kingston upon Hull Athletic Club.

CROSS COUNTRY 2008 TO BE HELD ON THE
BEVERLEY WESTWOOD (**Beverley Racecourse**)

SATURDAY 13 DECEMBER 2008

(in accordance with UKA and ECCA rules)

approximately one mile from the town centre, 10 miles from Hull and 13 miles from M62

11.00	U11 GIRLS	1800M
11.15	U11 BOYS	1800M
11.30	V/J/S/U17 WOMEN	5200M
12.00	U13 BOYS	2700M
12.15	U13 GIRLS	2700M
12.30	V/J/S/U17 MEN	5,200M
1.00	U15 GIRLS	3400M
1.15	U15 BOYS	3400M

(APPROXIMATE START TIMES)

Awards to the first 3 in each category. Team awards to the first 3 teams in each category.

Entry fees: £3.50 (plus a £2 levy for unattached Sen/Vet) Entries on the day £4

Ages as at midnight 31st August 2008 (except those who are 11 on the day of competition who must run as U13).

Entries to: Mrs K Lonsdale
20 St Michaels Drive
Hedon
E. Yorkshire
HU12 8QG

Closing date for inclusion in programme 6th December 2008

www.kuhac.co.uk

KUHAC Cross Country 13 December

NAME **CLUB** **AGE GP** **M / F**

ADDRESS.....

.....

D.O.B.

EMAIL ADDRESS

TEL NO

SIGNED

ENTRY FEE:..... (Cheques payable to Kingston upon Hull A.C.)

