



Sheffield Running Club

present

Cutlers Relay 2009

To be held at Graves Park, Sheffield on Sunday, 11th October 2009

Incorporating the South Yorkshire Cross Country Relay Championships

The Yorkshire Veterans AA Cross Country Relay Championships

Under UKA rules - permit number 0809097

Entry fees:	All Junior Races	-	£ 9/team
	Senior/Junior & Veterans M50 - M70+, W35 - W55+	-	£12/team
	Senior/Junior & Veterans M35 - M49	-	£16/team
	Team declaration 30 minutes before the start of each race		

The Cutlers Relay, traditionally an event for Universities and Colleges, incorporates the South Yorkshire Cross Country Relay Championships, providing races for all junior age groups, and the Yorkshire Veterans Cross Country Relay Championships. Clubs wishing to enter the YVAA Championships must be affiliated to the YVAA.

As an open relay, clubs from outside South Yorkshire are welcome to enter teams in all age groups.

This ideal opener to the cross country season provides an undulating grassland course around the open spaces of Graves Park. Changing and showering facilities are provided in Graves Park Pavilion, together with registration and prize presentation. Reserved parking available for coaches and minibuses

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Timetable of Events

Time	Event	Stages	Distance
11.00	U11 Boys U11 Girls	3	1500 m
11.25	U13 Boys U13 Girls	3	1800 m
11.50	U15 Boys U15 Girls	3	2000 m
12.20	U17 Boys U17 Girls	3	2300 m
1.00	<i>Junior Prize Presentation - Pavilion</i>		
1.15	Senior/Junior Women Veteran M50 - 59, M60 - 69, M70+ W35 - 44, W45 - 54, W55+	3	2 miles
2.15	The Cutlers Relay		
	Senior/Junior Men Veteran M35 - 39, M40 - 49	4	2 miles
3.30	<i>Senior & Veterans Prize Presentation - Pavilion</i>		

Prizes and Awards

Senior Races

- 1st 3 Men's and 1st 3 Women's teams
- 1st University team outside the 1st 3 teams - Men and Women
- First 3 fastest Men, Women
- First 3 fastest Students Men, Women
- Winning Men's University Team - Cutlers Relay Trophy 2009**

South Yorkshire County AA

- 1st 3 boys teams and 1st 3 girls teams in South Yorkshire
 - Championship medals (minimum 4 teams/age group)
- 1st 3 Men's teams and 1st 3 Women's teams in South Yorkshire
 - Championship medals (minimum 4 teams/age group)

Yorkshire Veterans AA Championship Awards

- 1st 3 teams in M35 - 39, 40 - 49, 50 - 59 and W 35 - 44, 45 - 54.
- 1st 2 teams in M60 - 69, 1st team only in W55+ and M70+
- Plus fastest leg in each age group.

n.b. *Composite teams may compete but do not qualify for prizes or awards.
Competitors may only run one leg and in one team.*