



Sheffield Running Club

presents

“The Sheffield Open Cross Country Races”

Under UKA Rules - Permit No 091002

Graves Park, Sheffield

Saturday, 2nd January 2010 starting at 10.30am

This is a fast yet challenging course and ideal preparation for the cross country championships. Open to all club athletes, primary and secondary school runners. Changing & showering facilities will be available in Graves Park Pavilion.

Results will be on www.sheffieldrunningclub.co.uk after the race.

10.30	Under 11 Girls	1 x small lap	1.5km
10.45	Under 11 Boys	1 x large lap	2.5km
11.00	Under 13 Girls	1 x large lap	2.5 km
11.15	Under 13 Boys	2 x small laps	3 km
11.25	Under 15 Girls	2 x small laps	3 km
11.40	Under 15 Boys	1 large lap + 1 x small lap	4 km
12.00	Under 17 Girls	1 large lap + 1 x small lap	4 km
12.20	Under 17 Boys	2 x large laps	5 km
12.40	Under 20 Women	2 x large laps	5 km
	Senior, Veteran Women	2 x large laps + 1 x small lap	6.5km
13.00	Under 20 Men	3 x large laps	7.5 km
	Senior, Veteran Men	4 x large laps	10 km

Prize Presentation in the Pavilion - Juniors after each race, Seniors @ 2.00pm

Medals: First 3 in each junior age group
First team in each age group (3 to score)
Prizes: First 3 senior males; first 3 senior females
First 2 males O/40; first 2 females O/35
First male O/50; first male O/60; first female O/45; first female O/55
First 2 senior male teams and first 2 senior female teams (4 to score)
First male combined vets team and first female combined vets team (3 to score)
(One prize per runner plus team prize)

Entry fees: £5.00 (Seniors & Veterans); £3.00 (Juniors)

Entries on the day £1.00 extra.

Further details: - Mike Levery on 0114 257 8282 or mike.levery@mclconsultancy.co.uk



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