<u>Lincolnshire Athletics</u> <u>Lincolnshire Open Cross Country</u>

Match: Louth

Date: 07/12/2025

Host club: Louth Athletics Club.

Venue: London Road cinder track, opposite side of London Road to the London Road Pavilion, London Rd,

Louth LN11 9QP.

Entry: All entries to be made online https://www.race-results.co.uk/results/2025/

Closing date for entries: Friday 05/12/2025 (midnight) - sorry, no late entries.

Entry Costs: U11s £4.50 U13s and U15 (affiliated) - £4.50. U13s and U15 (unaffiliated) £6.50 U17s, Sen/vet (affiliated) - £6.00. U17s, Sen/vet unaffiliated) - £8.00.

Parking: There is off road parking.

Facilities: Refreshments, toilets and first aid at the club house

Event Timings.

10.20am u/11's 3/4 lap 1.8 k 10.30am u/13's 1.5 laps 3.2 k 10.50am u/15's plus u/17 women 2 laps 4.2 k 11.15am sen/vet women plus u/17 men 2.5 laps 5.1 k 11.50am sen/vet men 3.5 laps 7.0 k

Athletes are required to read this statement from UKA

'An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the licence holder is a citizen of, or resident in, the UK.'

Entering the County Championships will be taken as acceptance of the above statement.

Further information from our cross country sec Gordon Geach: cofsec@lincsathletics.com