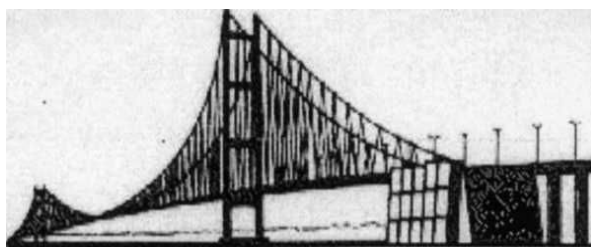


BARTON & DISTRICT ATHLETIC CLUB



present their

30th ANNUAL OPEN CROSS COUNTRY MEETING

(Permit No.0910094)

Supported by local traders

Sunday, 7th March, 2010

(Under UKA & ECCA Rules)

BAYSGARTH PARK, BARTON upon HUMBER

Races

Event 1	Under 11 Girls	Under 11 years on the day	2000m approx	School years 5 and below, younger year 6	11.30 a.m.
Event 2	Under 11 Boys	Under 11 years on the day	2000m approx	School years 5 and below, younger year 6	11.45 a.m.
Event 3	Under 13 Girls	11 & 12 years	2000m approx	School years 7 and 8 and older year 6	Noon
Event 4	Under 13 Boys	11 & 12 years	3200m approx	School years 7 and 8 and older year 6	12.20 p.m.
Event 5	Under 15 Girls	13 & 14 years	3200m approx	School years 9 and 10	12.40 p. m.
Event 6	Under 15 Boys	13 & 14 years	4000 m approx	School years 9 and 10	1.00 p. m.
Event 7	Junior Men	17, 18 or 19 on 31 st Aug 2009	9700 m approx		1.20 p.m.
	Senior Men	20 or over on 31 st Aug 2009			
Event 8	U17 Women	15 & 16 years	4000m approx		2.15 p.m.
	Junior Women	17, 18 or 19 on 31 st Aug 2009			
	Senior Women	20 or over on 31 st Aug 2009			
Event 9	Under 17 Men	15 & 15 years	5600 m approx		2.15pm

All times & distances are approximate

All ages as at August 31st 2009 except under 11's who are under 11 on the day of the race
Awards Senior/Junior Men, Senior/Under 17 Women - First 3 individuals awards (value £30, £20, £15)
First 3 Veterans (Value £20, £15, £10) in each race, (should a veteran be in the first three places the higher prize value will be awarded), first 3 Junior Men/ Junior Women/ Under 17 Men & Women (value £15, £10, £5) outside first three individuals (one individual prize per competitor). Trophies medals for all other age groups, first 3 individuals & first 3 teams in all age groups (3 to score)

Entry Fees Events 1 to 6 - £3.50, Events 7 to 9 - £4 (Unattached £2 extra).

Entries to E. Bellamy 17 Parkdale, Barton upon Humber DN18 5EQ
Tel 01652 633422 e-mail:- ebellath@aol.com

Closing Date Wednesday 24th February, 2010

**ENTRIES ON THE DAY (Not eligible for individual or team awards)
£1 extra ALL AGES**

HELD IN ATTRACTIVE UNDULATING PARKLAND, WITH MUSEUM AND SWIMMING BATH
ALONGSIDE THE COURSE