

CLEETHORPES ATHLETICS CLUB
ANNUAL BEACH TERRAIN CROSS COUNTRY MEETING
On SUNDAY 13TH. FEBRUARY 2011 at 11.30am
(starting adjacent to Cleethorpes Leisure Centre South side)

Course consists of FIRM AND SOFT SAND, GRASSLAND & DUNES

Permit No. NOEAA 1011063.

Under ECCA & UK. ATHLETICS RULES

RACE	DISTANCE	TIME
1. U11 GIRLS (U11 on day of race)	1700m	11.30
2. U11 BOYS (U11 on day of race)	1700m	11.45
3. U13 GIRLS	2000m	12.00
4. U13 BOYS	2800m	12.20
5. U15 GIRLS	2800m	12.35
6. U15 BOYS	3200m	12.55
7. SEN/JUN/VET. MEN	8500m	13.15
8. U17 MEN	5500m	13.15
9. SEN/JUN/VET. LADIES	5000m	13.45
10. U17 LADIES	5000m	13.45

AWARDS FIRST 3 INDIVIDUALS IN EACH AGE GROUP. Trophies
 FIRST 3 TEAMS (3 TO COUNT) ALL AGE GROUPS Medals ----- except
 Sen/Jun/Vet. Men and Sen/Jun/Vet. Ladies who will count as a combined team. Club colours to be worn for team awards.
 Athletes are only eligible for one award excluding team awards.

The Cleethorpes AC. Primary Schools' Cups will again be awarded to the winning Boys Team and the winning Girls Team from the combined team results achieved by the local/district schools in the U11 and U13 age groups. Please note that Year 6 runners who are over 11 on the day of the race must run in the U13 age group. Schools' competitors are eligible for all general competition awards.
 PRESENT CUP HOLDERS SIGNHILLS SCHOOL

ENTRY FEES ALL EVENTS £3.00 All unattached Sen/ Jun/ Vet. Runners –plus £2.00
 ENTRY ON DAY plus £1.00 ---- will count for all awards All Senior unattached runners plus £2.00
 ENTRIES TO Tonia Saunt,
 Whitegates, Ludborough Road, North Thoresby, N.E. Lincolnshire, DN36 5RF
 E- mail tonia.s@btinternet.com Tel. 01472 841973
 CLOSING DATE FOR PRE-ENTRIES **30th. January 2011**

ENTRY FORM CLEETHORPES AC. CROSS COUNTRY SUNDAY 13TH. FEBRUARY 2011

NAME _____ ADDRESS _____

AGE GROUP _____

D.O.B. _____

CLUB _____ Tel. No./e-mail _____

ENTRY FEE ENCLOSED
 I declare that I am medically fit to run and I understand that I enter at my own risk. The organisers will not be liable for injury, loss or illness however occasioned from this event.

Signed _____ Date _____