

CLEETHORPES ATHLETICS CLUB  
Presents  
The GRIMSBY INSTITUTE OF FURTHER & HIGHER EDUCATION

BEACH TERRAIN CROSS COUNTRY MEETING  
(Starting adjacent to Cleethorpes Leisure Centre –South Side.) Course consists of FIRM & SOFT  
SAND, GRASSLAND AND DUNES

SUNDAY 7<sup>th</sup> FEBRUARY 2010 at 11.30am.

Permit No. NOEAA . 0910077

Under ECCA & UKA RULES

RACE	DISTANCE	TIME
1. U11 GIRLS (U11 on day of race)	1700m	11.30am
2. U11 BOYS (U11 on day of race)	1700m	11.45am
3. U13 GIRLS	2000m	12.00 noon
4. U13 BOYS	2800m	12.20pm
5. U15 GIRLS	2800m	12.30pm
6. U15 BOYS	3200m	12.50pm
7. SEN/JUN/VET. MEN	8500m	13.15pm
8. U17 MEN	5500m	13.15pm
9. SEN/JUN/VET. LADIES	5000m	13.45pm
10. U17 LADIES	5000m	13.45pm

AWARDS First 3 individuals in each age group  
First 3 teams (3 to count) in all age groups except Sen./Jun/ Vet. Men and Sen./Jun/Vet. Ladies  
who will count as a combined team.

IN EVENTS 1-4 INCLUSIVE THE CLEETHORPES AC . CHALLENGE CUP TROPHIES WILL BE AWARDED TO  
LOCAL PRIMARY SCHOOL TEAMS-( 3 TO COUNT FOR A TEAM)-- ONE GIRLS CUP AND ONE BOYS CUP  
BASED ON THE SCHOOLS WITH THE WINNING CUMULATIVE SCORES.

ENTRY FEES ALL EVENTS £3.00.

ENTRY on Day PLUS £1.00-----will count for all awards

Plus £2.00 for all unattached Senior/Junior/Veteran competitors

ENTRIES TO: Tonia Saunt Whitegates Ludborough Road North Thoresby N. E Lincolnshire  
DN36 5RF

Tel. 01472 841973

E-mail [tonia.s@btinternet.com](mailto:tonia.s@btinternet.com)

CLOSING DATE for pre-entries Wednesday 26<sup>th</sup> January 2010

Club colours to be worn for team awards. Please enclose S.A.E. for further details

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ENTRY FORM CLEETHORPES AC.CROSS COUNTRY SUNDAY FEBRUARY 2010

NAME \_\_\_\_\_ AGE GROUP \_\_\_\_\_

CLUB/SCHOOL \_\_\_\_\_ D.O.B. \_\_\_\_\_

ADDRESS \_\_\_\_\_

TEL. NO. \_\_\_\_\_ e-mail \_\_\_\_\_ Entry Fee \_\_\_\_\_

I/we declare that I/am/we/are medically fit to run and I/we understand that entry is at my/our own  
risk. The organisers will not be held responsible for injury, loss, or illness however occasioned from  
this event.