



Louth Athletic Club Open Cross Country Meeting Sunday 5th October 2008

Louth Athletics Club (London Road Grounds)
Under N.C.C.A. Rules (Permit:)
Closing date for entries: 27/09/2008

**Online entries at:
www.louth-ac.org.uk**

Postal entries to:
mm's computing, 38 High Holme Road, Louth LN11 0EY

Races

No	time	group	ages as at	distance	Fees	Unattached	awards
1	11.00	Under 11 Girls	05/10/2008	1800m	£2.50	£3.50	First three individuals/teams
2	11.15	Under 11 Boys	05/10/2008	1800m	£2.50	£3.50	First three individuals/teams
3	11.30	Under 13 Girls	31/08/2008	2250m	£2.50	£3.50	First three individuals/teams
4	11.50	Under 13 Boys	31/08/2008	3300m	£2.50	£3.50	First three individuals/teams
5	12.10	Under 15 Girls	31/08/2008	3300m	£2.50	£3.50	First three individuals/teams
6	12.30	Under 15 Boys	31/08/2008	4250m	£2.50	£3.50	First three individuals/teams
7	12.55	Junior-Senior-Vet Men	31/08/2008	9170m	£3.00	£4.00	First three individuals/combined teams
8	12.55	Under 17 Men	31/08/2008	5730m	£3.00	£4.00	First three individuals/teams
9	13.40	Under 17 Ladies	31/08/2008	4250m	£3.00	£4.00	First three individuals/teams
10	13.40	Junior-Senior-Vet Ladies	31/08/2008	5730m	£3.00	£4.00	First three individuals/combined teams

Club colours must be worn for team prizes.
All late entries and entries on the day £1.00 extra.

Results: <http://www.louth-ac.org.uk>

Please enclose self-addressed stamped envelope for confirmation, directions and numbers.

Entry Form: Louth AC Cross Country 05/10/2008

Full Name:

Address:

Email:

DOB:

Club:

Tel.no.:

Reg.no.:

Entry Fee: £..... (Please make cheques payable
Amount enclosed: £..... to: Louth Athletic Club)

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

Date Signed:
(Parent/Guardian if under 16)