



15th ANNUAL CROSS COUNTRY CHALLENGE 2010

WEDNESDAY 29th SEPTEMBER 2010 AT 4.30pm
BRADFORD & BINGLEY RUGBY CLUB, WAGON LANE, BINGLEY

FOR SCHOOL YEARS 5 TO 13.

Held under UKA rules.

Medals are to be awarded to all finishers and awards to the first 3 individuals in each Boys & Girls age group immediately after each race.

CHECK WITH YOUR SCHOOL FOR TEAM ENTRIES.

NO NEED TO REPORT IF YOU HAVE GOT A NUMBER.

Any problem report to the Entry Tent by 4pm.

Entry Fees £2.00 per individual. Races begin at 4.30pm

Girls (Years 5)	1 mile	Boys (Years 5)	1 mile
Girls (Years 6)	1 mile	Boys (Years 6)	1 mile
Girls (Years 7&8)	1.5 miles	Boys (Years 7&8)	1.5 miles
Girls (Years 9&10)	1.5 miles	Boys (Years 9&10)	1.5 miles
Girls (Years 11/12/13)	2 miles	Boys (Years 11/12/13)	2 miles

Can all individual entrants please be accompanied by an adult to the Cross Country Meeting.

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INDIVIDUAL ENTRY FORM

Entries will be accepted from individuals.

NO LATE ENTRIES WILL BE ACCEPTED.

NAME _____ SCHOOL _____

CLUB _____ SCHOOL YEAR _____

Home Telephone Number _____ DATE OF BIRTH _____

ADDRESS _____
_____ POSTCODE _____

PLEASE ENCLOSE A SELF ADDRESSED ENVELOPE (6"x 9") WITH ENOUGH POSTAGE - (YES THIS MEANS YOU!)

The entrants are Amateur as defined by UKA laws. The race organisers will in no way be held responsible for any injury or illness occurring during or as a result of the race.

Signature of Teacher/ Parent or guardian _____.

Entry forms with £2.00 (and a stamped addressed envelope in every case) should reach Christine Oates, 84 Langley Lane, Baildon, Shipley, BD17 6TB no later than 24th September 2010.