



13th ANNUAL CROSS COUNTRY CHALLENGE 2008

WEDNESDAY 24th SEPTEMBER 2008 AT 4.30pm
LOWER MEADOW, MYRTLE PARK, 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.

REPORT TO LOWER MEADOW IF YOU HAVE GOT A NUMBER.

Any problem report to Myrtle Park First School 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. Please note that the course is not suitable for spikes. Please wear suitable trainers or Cross Country studded shoes.



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 STAMPED ADDRESSED ENVELOPE (6"x 9")
(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 19th September 2008.