

THE McCAIN LIVERPOOL CROSS CHALLENGE

INCORPORATING THE MID LANCs LEAGUE
THE LIVERPOOL & DISTRICT LEAGUE
AND EUROPEAN CC TRIALS
SATURDAY 26th NOVEMBER 2011
SEFTON PARK, LIVERPOOL



It's all good.

MEETING TWO

2011 - 2012 OFFICIAL ENTRY FORM

PLEASE COMPLETE IN BLOCK CAPITALS

SURNAME FIRST NAME CLUB

ADDRESS

POST CODE HOME TELEPHONE EMAIL

DATE OF BIRTH AGE ON DAY OF RACE SEX - M / F

AGE GROUP NATIONALITY TOTAL FEE ENCLOSED £

SIGNED DATE

- I declare that I am an amateur as defined by UK Athletics rules.
- I agree to abide by the current UKA rules of competition and to IAAF Rules as applicable to Race Nos 6, 8, 9 & 10.
- I agree not to hold the promoter/promoting body responsible in any way for injury or loss resulting from my participation.
- only UK citizens can qualify for the McCain Cross Challenge Prizes (see Cross Challenge Rules at www.uka.org.uk)

RACE TIMETABLE (Entry limits in brackets)

Race 1	11 : 00hrs	1.9km Boys & Girls Under 11 at 26.11.11
Race 2	11 : 15hrs	3km Girls U13 (11 & 12)
Race 3	11 : 30hrs	3km Boys U13 (11 & 12)
Race 4	11 : 45hrs	3km Boys U15 (13 & 14)
Race 5	12 : 00hrs	3km Girls U15 (13 & 14)
Race 6	12 : 15hrs	4.4km Girls U17 (15 & 16) and IAAF Junior Women (U20 at 31.12.11)
Race 7	12 : 35hrs	5.5km Boys U17 (15 & 16)
Race 8	12 : 55hrs	6.7km IAAF Junior Men (U20 at 31.12.11)
Race 9	13 : 20hrs	8.1km Senior Women
Race 10	14 : 00hrs	9.8km Senior Men

All races held under UKA rules (age as at 01.09.11) except for the two Senior Races which will be under IAAF rules.

ENTRY FEES

IAAF Juniors & Seniors £8.00. Unaffiliated athletes £9.00.
For all other races the entry fee is £6.00 per athlete.
Cheques and postal orders payable to UK Athletics

ENTRIES TO (please enclose SAE)

Cliff Robinson
UK Cross Challenge
9 Knoll Close
Littleover
Derby. DE23 3SG

Tel: 01332 519521
email: ukcrosschallenge@aol.com

PRIZES

Senior Men & Women	First 6 finishers
Junior Men & Women	First 4 finishers
U13 / U15 / U17	First 4 finishers
U11's Boys and Girls	First 3 finishers

Total prize value is over £2,300

Cross Challenge points awarded in all races.

QUERIES

Cliff Robinson at: ukcrosschallenge@aol.com
Telephone No: 01332 519521

CLOSING DATE FOR ENTRIES: FRIDAY 18th NOVEMBER 2011

Other events in this series: Sunday 15th January 2012 - Blackweir Fields, Cardiff; Saturday 21st January 2012 - Greenmount Campus, Antrim; Saturday 10th March 2012 - McCain Cross Challenge Final, Birmingham.



