

Chichester Runners & A.C.

(Affiliated to England Athletics - permit applied for)

GOODWOOD CROSS COUNTRY RELAYS

SATURDAY 13th October 2018 (REVISED DATE)

GOODWOOD RACECOURSE - opposite Grandstand - PO18 OPS

- 12:00pm UNDER 13 BOYS AND UNDER 13 GIRLS [3 x 2800m approx.]
Medals 1st 3 teams and 3 fastest individuals - Boys and Girls
- 12:45pm UNDER 15 BOYS AND UNDER 15 GIRLS [3 x 2800m approx.]
Medals 1st 3 teams and 3 fastest individuals - Boys and Girls
- 1:30pm SENIOR WOMEN (including Veterans and U17) [3 x 4000m approx.]
Medals 1st 3 teams overall, 1st 3 Veterans teams v35; v45; v55; 1st 3 U17 teams
3 fastest laps in seniors & U17 + fastest lap V35, V45, V55
- 2:30pm SENIOR MEN (including Veterans and U17)
[4 x 4000m approx. Sen and Vet V40 +V50 3 x 4000 V60][3 x 4000 U17]
Medals 1st 3 teams overall, 1st 3 Veterans teams v40; V50; V60; 1st 3 U17 teams
3 fastest laps in seniors & U17 + fastest lap V40, V50, V60, V70

Sussex Championships

The event incorporates the Sussex County Championships. Would Sussex Clubs please tick the appropriate box if they wish to enter teams in the Sussex Championships. All members of these teams must have Sussex qualification. **Teams with non-Sussex runners are still eligible to run in the open race.**

NOTE - U17s AND VETERANS may run in their clubs' senior teams and will qualify for fastest lap awards provided they indicate their age category on the team declaration sheet. ALL VETERANS please indicate their AGE CATEGORY. Juniors as at 1st September 2018. (under 13 aged 11+ on race day)

Course: Grassland and footpaths - suitable for spikes.

Entries to: Philip Baker, The Kemps, The Drive, Chichester, West Sussex, PO19 5PP
(Tel: 01243 533784) Email: philbaker5@btinternet.com

Closing Date: Tuesday 9th October 2018. Entries accepted on the day ONLY if there is room. (A phone call or email in advance is needed to ensure entry.)

Confirmation of receipt of entry will be sent by e mail. Cheques payable to Chichester Runners & AC

Please DETACH ✂ -----please DETACH -----please DETACH

CLUB.....	Sussex Qualification please tick below
Senior/Veteran Men V40 / V50	Teams @ £16.00 = £.....
Veteran Men V60	Teams @ £12.00 = £.....
Senior/Veteran Women V35 / V45/55	Teams @ £12.00 = £.....
Under 17 Men	Teams @ £12.00 = £.....
Under 17 Women	Teams @ £12.00 = £.....
Under 15 Boys	Teams @ £12.00 = £.....
Under 15 Girls	Teams @ £12.00 = £.....
Under 13 Boys	Teams @ £12.00 = £.....
Under 13 Girls	Teams @ £12.00 = £.....
	Total fee enclosed £.....

Contact Name..... Tel No.....

Address.....

...Email..... Signed.....