

Cross Country Championships

– Incorporating the first ever South West Inter-Counties Championships –

Sunday 4th December 2005

Exeter Arena, Summer Lane, Exeter

First Race 12:30 SW (inc. U17W, U20W and Vets).

Races

U13B, U15B, U17M, SM (inc. U20M, M40, 50, 60+)
U13G, U15G, SW (inc. U17W, U20W, W35, 45, 55+)

Race Timetable

12.30 SW, 13.00 U17M, 13.25 U13B, 13.27 U13G,
13.55 U15G, 14.20 U15B, 14.45 SM

(Races to be staged within the westward league)

Entries – Collect Numbers on the Day

£1.00 for all Junior Athletes

£3.00 for Seniors and Veterans

Cheques Payable to South West Athletics

Please Use One Entry Form Per Age Group

Entry Qualification

* Qualification for entry: Either (a) Birth in Avon, Cornwall, Devon, Dorset, Gloucestershire, Somerset, or Wiltshire, or (b) 9 Months residence in one of the above counties. Entry open to clubs and/or individuals. County teams by separate nomination.

Vests: All county teams members to wear county vest, other runners athletes to wear Club vests.

Awards

Medals to first 3 individuals in each age category and to all members of winning teams.

Teams Scoring

SM - 5 to score per team. All other races - 4 to score per team. No separate team for U17W, U20s and Vets. First claim only. -- Runners included in County teams can also score for clubs --

SOUTH WEST CROSS COUNTRY 2005 ENTRY FORM

Full Name	D.o.B.	Category	Club	County *	Entry Fee

*** Please Photocopy form as necessary ***

* Please stipulate County and Qualification (**B**irth / **R**esidence / **F**orces).

Contact Name _____ Telephone: _____

Address _____

PLEASE SEND ENTRIES TO: Ian Humphreys, 6 Nettle Combe View, Wells, Somerset BA5 3QF
Please Enclose SAE with entry if directions/timetable are required **entries closing Date: 28th November 2005**

NO LATE ENTRIES – For electronic entries see: www.southwestathletics.com