



**NORTH WALES CROSS COUNTRY  
CHAMPIONSHIPS 2020  
(Supported by Grand Prix Express)**

at

**Coleg Cambria, Northop CH7 6AA  
Saturday 4<sup>th</sup> January 2020**

**CLUB/SCHOOL VEST MUST BE WORN**

**ATHLETES MUST HAVE NORTH WALES QUALIFICATION**

**ALL ATHLETES MUST REPRESENT FIRST CLAIM CLUB OR SCHOOL**

**ENTRY FEES:**

Under 11, 13, 15, 17 - £4.00; Under 20 - £5.00; Seniors/Masters - £7.00

Cheques made payable to N.W.C.C.A.

Closing date for entries: Saturday 28<sup>th</sup> December 2019

**Send entries to:** Dave Peters, Bryn Mawr Bungalow, Kerry, Newtown, Powys SY16 4NQ

Tel: 01686 630344 / 07967 766754

Entries can be made by e mail to [jillanddave70@gmail.com](mailto:jillanddave70@gmail.com) (entry fees to be paid on day)

**NO SHOWER FACILITIES AVAILABLE**

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**NORTH WALES CROSS COUNTRY CHAMPIONSHIPS 2019**

Name \_\_\_\_\_

Address \_\_\_\_\_

Tel. Number \_\_\_\_\_ email \_\_\_\_\_

Club/School \_\_\_\_\_

Date of Birth \_\_\_\_\_ Male/Female \_\_\_\_\_

Please enter me for the \_\_\_\_\_ section of the above Championships

I enclose my entry fee of £ \_\_\_\_\_ WA/UKA Registration number \_\_\_\_\_

Qualification: Birth \_\_\_\_\_ Resident (over 9months) \_\_\_\_\_ (Please tick)

Signed \_\_\_\_\_

**BLOCK ENTRIES ARE ALLOWED BUT WITH DATES OF BIRTH PLEASE**

Alternatively, additional copies of this Entry Form are available on [www.northwalesxc.com](http://www.northwalesxc.com)



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at  
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on  
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11-30am	Special Olympics	Approx 1 Mile	Open
12 noon	Under 11 Girls	Approx. 1 Mile	9 & 10 years
12.20pm	Under 13 Girls	Approx. 1.5 Miles	11 & 12 years
	Under 11 Boys		9 & 10 years
12.45pm	Under 15 Girls	Approx. 2 Miles	13 & 14 years
	Under 13 Boys		11 & 12 years
1.10pm	Under 17 Ladies	Approx. 3 Miles	15 & 16 years
	Under 15 Boys		13 & 14 years
1.35pm	Under 20/Senior/Master Ladies	Approx. 3.75 Miles	17 years+
	Under 17 Men		15 & 16 years
	70+ Master Men		70 years +
2.15pm	Senior/Master Men	Approx. 6.25 Miles	20 years +
	60+ Master Men	Approx. 5 Miles	60 years +
	Under 20 Men	Approx. 5 Miles	17, 18 & 19 years

(All timings are approximate but will only vary slightly if changed)

Ages as at 1<sup>st</sup> September 2019 (Masters as on the day)

All athletes **must** represent first claim club or school, wear club/school vest and have North Wales qualification.

**RACE NUMBERS TO BE COLLECTED ON RACE DAY**

**AWARDS:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in all age groups  
1<sup>st</sup> team (3 to score) up to Under 20  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> teams (4 to score) Senior Ladies  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> teams (6 to score) Senior Men  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> teams (3 to score) Masters (35+)

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**ORGANISED BY BUCKLEY RUNNING CLUB**

For entries etc. Dave Peters (01686 630344 / 07967 766754)/[jillanddave70@gmail.com](mailto:jillanddave70@gmail.com)