



# Scunthorpe & District AC Annual Quibell Park Cross Country

In memory of Allan Balderson  
(Held under UKA & ECCA rules)

At Quibell Park (DN17 1SR) on Sunday 11<sup>th</sup> November 2018

|                              |        |       |
|------------------------------|--------|-------|
| 1. Fun run                   | 1250m  | 11.15 |
| 2. U11 Girls                 | 2000m  | 11.30 |
| 3. U11 Boys                  | 2000m  | 11.30 |
| 4. U13 Girls                 | 2700m  | 11.45 |
| 5. U13 Boys                  | 2700m  | 11.45 |
| 6. U15 Girls                 | 4000m  | 12.05 |
| 7. U15 Boys                  | 4500m  | 12.45 |
| 8. Senior/Veteran Men        | 10200m | 13.20 |
| 9. U17 Men                   | 6400m  | 14.20 |
| 10. U17/Senior/Veteran Women | 6400m  | 14.20 |

Times and distances are approximate. The Club reserves the right to start a race before time stated.

**AWARDS:** U17/Senior/Veteran prizes to first three  
U11/U13/U15 Trophies to first three  
Fun Run medal and chocolate for all finishers  
Athletes are only eligible for ONE prize excluding team award.

**TEAM AWARDS:** to first team in each event (except 9 and 1)

First 3 runners to finish for club to count as team, identical club colours of registered design must be worn to be eligible.

**ENTRY FEES:** events 1 £3.00 2-7 £5.00 8-10 £8.00  
Plus £2.00 for all unattached Seniors and Veterans  
Plus £2.00 entry on the day

Cheques and P.O.s payable to Scunthorpe & District A.C.

All entries must be hard copy and with payment.

**ENTRIES TO:** Rachael Abdi-Stephenson, 10 Greenwich close, Scunthorpe DN15 8GZ

E MAIL: [rachaelabdi@hotmail.co.uk](mailto:rachaelabdi@hotmail.co.uk)

Ages as Midnight 31<sup>st</sup> August 2018(except those who are 11 by day of competition who must run as U13.

**CLOSING DATE** 6th November 2018, entries allowed on race day.

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|                          |               |
|--------------------------|---------------|
| Name .....               | Club.....     |
| Age Group.....           | UKA No.....   |
| D.o.B .....              | Tel. No. .... |
| Entry Fee Enclosed ..... | Address       |

Signed .....

E-mail address .....

.....  
Name ..... Club.....  
Age Group..... UKA No.....  
D.o.B .....M / F Tel. No. ....  
Entry Fee Enclosed ..... Address

Signed .....  
E-mail address .....C

Name ..... Club.....  
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