



# 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 10<sup>th</sup> November 2019

1. Fun run	1400m	11.15
2. U11 Girls	2100m	11.30
3. U11 Boys	2100m	11.30
4. U13 Girls	2600m	11.45
5. U13 Boys	2600m	11.45
6. U15 Girls	4000m	12.05
7. U15 Boys	4500m	12.45
8. Senior/Veteran Men	10000m	13.20
9. Senior/Veteran Women	8100m	13.20
10. U17 Men and Women	6300m	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 10 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 2019(except those who are 11 by day of competition who must run as U13.

**CLOSING DATE** 4th November 2019, 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 .....