

**CLEETHORPES ATHLETIC CLUB  
CROSS COUNTRY  
WEELSBY WOODS, WEELSBY ROAD, GRIMSBY, DN32 8PW**

**UKA & E.C.C.A. Rules. Licence No. CC2023/0890  
SUNDAY 22<sup>ND</sup> OCTOBER 2023**

**Car Parking and Toilet Facilities will be at King George V Athletics Stadium, Weelsby Road, Grimsby DN32 9RU. Please allow 10-15 minutes to walk to Weelsby Woods.**

**Awards in all races:**

AWARDS: FIRST 3 IN EACH AGE GROUP AND TEAM AWARDS  
except Sen/Jun/Vet. Men and Sen/Jun/Vet. Ladies who will count as a combined team.  
Club Vests to be worn for team awards.  
Athletes are only eligible for one award excluding team awards.

The Cleethorpes AC. Primary Schools' Cups will again be awarded to the winning Boys Team and the winning Girls Team from the U11 races. Schools' competitors are eligible for all general competition awards.

**Age groups are as at 31st August 2023:**

<b>.Group</b>		<b>Approximate Distance</b>	<b>Time</b>
<b>U11 Girls</b>	School Years 3,4,5 & 6 Must be 8 on day of race	2000m	11:00
<b>U11 Boys</b>	School Years 3,4,5 & 6 Must be 8 on day of race	2000m	11:15
<b>U13 Girls</b>	School Years 7 & 8	2800m	11:30
<b>U13 Boys</b>	School Years 7 & 8	2800m	11:50
<b>U15 Girls</b>	School Years 9 & 10	3600m	12:10
<b>U15 Boys</b>	School Years 9 & 10	4200m	12:35
<b>U17 Women</b>	School Years 11 & 12	5400m	13:05
<b>U17 Men</b>	School Years 11 & 12	5400m	13:05
<b>Junior Women</b>	17, 18 & 19 yrs	5400m	13:05
<b>Senior / Vet Women</b>	20 yrs & above	5400m	13.05
<b>Junior Men</b>	17, 18 & 19 yrs	9000m	13.30
<b>Senior / Vet Men</b>	20 yrs & above	9000m	13:30

**Entry Fee: All events £5.00, Junior /Senior / Vet Women and Men Unaffiliated £7.00**

**Closing Date for Entries is 19th October 2023 at 23.59pm.**

**Entry is on- line only via The Entry Point [The Entry Point](#)**

**There will be no late entries or entries on the day**

All enquiries to Margaret Saville [m.saville@ntlworld.com](mailto:m.saville@ntlworld.com)

**Please Note:** 1. U13 Age group is restricted to School Years 7 & 8. Competitors must be 11 on 31st August prior to the competition.

2. Year 6 pupils may not compete against years 7 & 8. Summary of latest UKA. Rules

*All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UK Anti-doping rules apply to entrants participating in the sport of athletics for 12 months from the date of entry, whether or not the licence holder is a citizen or a resident, in the UK.*

By entering this event, you agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times and age category. The use and reproduction of the Participant's name, photographs, images and videos in all media for the purpose of advertising and publicity for future promotion of the event. Such items shall remain the property of the Event Organiser.