



# HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

President – Mr Brian Fowler

## VETERANS CROSS COUNTRY CHAMPIONSHIPS 2012

(under uk:athletics rules)

At Tewin

**SUNDAY 18th MARCH starting at 10.30am**

### **Entries close on 11th March 2012**

**ENTRY FEE** £4.00 per runner (no team fee).

<b><u>TEAMS</u></b>	Veteran Men O/40-59	4 to score
	Veteran Women	4 to score
	Veteran Men O/60	3 to score

All entries to Mrs S Gandee 4 Westfield Road, Hertford, Herts, SG14 3DJ (01992-582208)  
sally@gandee.org.uk

Cheques to be made payable to HERTS COUNTY AAA - please enclose a first class stamped, self-addressed envelope large enough for acknowledgement, directions and final timetable.

**AGE GROUPS** Veteran Men Age 40 or over on day of race  
Veteran Women Age 35 or over on day of race

Age-groups will be in the following categories: W35-44, W45-54, W55-64, W65+, M40-49, M50-59, M60-69, M70+.  
Individuals may score in their individual category and the NEXT YOUNGEST TEAM if they do not have a team in their age-group. They must score in their own age-group if their club has a team in that category. There will be two team categories in the M40-59 race; M40-M49 and M50-M59. NO ATHLETE MAY SCORE IN MORE THAN ONE TEAM. There will only be one women's team category and one M60+ team category.

### **TIMETABLE (with approximate distances) - NOTE – All start at 10.30am**

10.30am	Veteran Women and Men over 60 (3.5 miles approx.)
10.30am	Veteran Men 40-59 (6 miles approx)

### **RULES**

No competitor may be entered in more than one County's championships - qualification is by birth or residence (uk:a Rule 9 (10) applies) Only HAARC affiliated clubs will be eligible for team medals.

### **MEDALS**

Medals will be awarded to the first 3 individuals in each age group and to the first 3 teams in each age group.

### **TEAM MANAGERS**

Team managers should collect the numbers from Tewin Memorial Hall, Lower Green, Tewin, AL6 0JX

Parking to be advised but limited space in Tewin.