**HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS**

**VETERANS CROSS COUNTRY CHAMPIONSHIPS - ENTRY FORM**

**At The Heath Sports Club, Baldock Road, Royston, SG8 5BJ on Sunday 25th March 2018**

**7**

#### CLUB ………………………… Age Groups – M40-49, M50-59, M60-69, M70+, M80+ W35-44, W45-54, W55-64, W65, VW 75+ Teams W35, W55, M40, M50, M60 *delete as necessary and use a separate form for each age-group and gender*

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| **FIRST NAME** | **SURNAME** | **EA Registration number** | **Mobile number (if known)****for result message** | **DOB** | **QUAL (birth or residence)** |
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TEAM MANAGER Name ……………………………………………….. Tel No ………………………. Email ……………………….

 Address ………………………………………………………………………………… Postcode ……………………

All entries by email to Timing@racesonline.uk or by post to Racesonline, 91 Bellamy Close, Knebworth, SG3 6EH

Nomination of a marshal would be welcomed. Name of marshal……………………………Online entry payment can be made by BACS transfer to HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS AC no 90621501, sort code 20-91-79 with details of the sender club, or by cheque made payable to HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS.

**CLOSING DATE – FRIDAY 16th March 2018**

## HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

President – Mr Brian Fowler

VETERANS CROSS COUNTRY CHAMPIONSHIPS 2018

(under UKA rules)

In partnership with Middlesex County Athletic Association

AT The Heath Sports Club, Baldock Road, Royston, SG8 5BJ

SUNDAY 25th March starting at 10.30am

Entries close on Friday 16th March 2018

**ENTRY FEE** £5.00 per runner (no team fee).

All entries by email to Timing@racesonline.uk and on-line entry payment can be made by BACS transfer to HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS AC no 90621501, sort code 20-91-79 with details of the sender club.

Or by post to Racesonline, 91 Bellamy Close, Knebworth, SG3 6EH - cheques to be made payable to

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS (club name on back of cheque).

Final information and a list of athletes will be displayed on the County website at www.hertscaaa.org.uk

**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+.

###### **TEAMS**

###### Veteran Men O40-49 4 to score

Veteran Men O50-59 4 to score

Veteran Men O60+ 3 to score

Veteran Women O35-54 3 to score

Veteran Women 55+ 3 to score

**Athletes may be entered into the NEXT YOUNGEST TEAM if they do not have a team in their own age-group. They must score in their own age-group if their club has a team in that category. If entered into a younger age group this cannot be changed after the closing date & definitely not on the day of the race. An athlete electing for a lower age category will not then be eligible for an award in the higher category.**

**NO ATHLETE MAY SCORE IN MORE THAN ONE TEAM**

TIMETABLE (with approximate distance)

# **10.30 am Men 40-49 and Men 50-59 Distance 9000 metres approx.**

# **11.15 am Men over 60 and all women Distance 7000 metres approx**

# **RULES** No competitor may be entered in more than one County's championships - qualification is by birth or residence

(UKA Rule 21 S6 applies) Only HAARC affiliated clubs will be eligible for team medals.

**CHIP TIMING IS BEING USED - NO CHIP, NO PLACE/TIME WILL BE RECORDED**

# **MEDALS**

Medals will be awarded to the first 3 individuals in each age group and the first 3 teams in each age group. Presentations as soon as possible after the races at The Heath Sports Club.

# **TEAM MANAGERS**

# Team managers/athletes should collect numbers & chips from the clubhouse. **All unused chips must be returned.**

Parking adjacent to The Club**.** No changing or shower facilities. . Athletes should come to the event ready changed. **.**