HART ROAD RUNNERS

LORD WANDSWORTH SERIES CROSS COUNTRY 2019-20

**Lord Wandsworth College, Long Sutton, Hook, Hants RG29 1TB**

**10 November 2019**

**15 December 2019**

**5 January 2020**

**16 February 2020**

**1 March 2020**

U13 Girls & U13 Boys 11.00 am 3000m

Adult Age Groups 11.10 am 8000m

U17 Girls & U17 Boys 11.10 am 8000m

U11 Girls & U11 Boys 11.20 am 1500m

U15 Girls & U15 Boys 11.25 am 4500m

U9 Girls & U9 Boys 11.30 am 900m

All age groups follow UK Athletics and English Cross Country Association rules

and are defined by age on 31st August 2019

Adult Age Groups: Junior u/20 : Senior 20-39 : Vet 40–49 : SuperVet 50-59 : VintageVet 60+

UKA Permit applied for. Race subject to UK Athletics rules. Course measurements are approximate.

Ambulance and first aid provided by Hart First Response (Registered Charity 1092333)

Medals for the first three finishers in each age group and a free cake for every runner!

Alton Sports voucher for winner of each age group

Award for series winners in all age groups (best 3 race results to count)

**INTER-SCHOOLS & INTER-CLUB COMPETITION**

entry fees per race: u/9 to u/17 age groups £4

adult age groups £8 UKA affiliated (**we must have your UKA number**) / £10 unaffiliated

Further details from Alison Wigg 07765 348084 / [ali.wigg@ntlworld.com](mailto:ali.wigg@ntlworld.com)

Please download and complete the form on the reverse – you may use one form to make up to TWO entries from one address for ONE race or individuals may use one form to enter one or more races.

PLEASE COMPLETE A SEPARATE FORM FOR ADULTS & JUNIORS

Postal entries will be taken up to one week before each race – please return completed entry form, with cheque made payable to **Hart Road Runners**, to **HRR LWS, 71 Kenilworth Road, Fleet GU51 3AY**Entries will be accepted on the day – please bringyour completed entry form with you to save time (**including UKA number if relevant AND emergency contact details**) Refreshments will be available for sale with all profits going to the Phyllis Tuckwell Hospice.

