



**RHUG ORGANIC
NORTH WALES CROSS COUNTRY
CHAMPIONSHIPS 2013
(Supported by Grand Prix Express)**



at
The Rhug Estate, nr. Corwen
(by kind permission of Lord Newborough)
on
Saturday 26th January 2013



CLUB/SCHOOL VEST MUST BE WORN

ATHLETES MUST HAVE NORTH WALES QUALIFICATION

ALL ATHLETES MUST REPRESENT FIRST CLAIM CLUB

ENTRY FEES:

Under 11 - £1.00; Under 13, 15 - £3.00; Under 17, 20 - £4.00 Seniors - £7.00
(Seniors £2 extra on the day)

Cheques made payable to N.W.C.C.A.

Closing date for entries: Monday 21st January 2013

Send entries to: D A Williams, 82 Pont Adam Crescent, Ruabon, Wrexham, LL14 6EE
Tel: 01978 820612

NO SHOWER FACILITIES AVAILABLE

Rhug Estate is approximately 1 mile west of Corwen on the A5 (LL21 0EH)

**RHUG ORGANIC
NORTH WALES CROSS COUNTRY CHAMPIONSHIPS 2013**

Name _____

Club/School _____

Date of Birth _____

Please enter me for the _____ section of the above Championships

I enclose my entry fee of £ _____ AAW Registration number _____

Qualification: Birth _____ Parents _____ Resident _____

Signed _____

BLOCK ENTRIES ARE ALLOWED BUT WITH DATES OF BIRTH PLEASE

Alternatively additional copies of this Entry Form are available on www.northwalesxc.webs.com



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on
Saturday 26th January 2013 Permit No: x/c 2013/26/1

12 noon	Under 11 Girls	1350 mtrs	9 & 10 years
12.20pm	Under 13 Girls	2330 mtrs	11 & 12 years
	Under 11 Boys	2330 mtrs	9 & 10 years
12.45pm	Under 15 Girls	3250 mtrs	13 & 14 years
	Under 13 Boys	3250 mtrs	11 & 12 years
1.10pm	Under 17 Ladies	3760 mtrs	15 & 16 years
	Under 15 Boys	3760 mtrs	13 & 14 years
1.35pm	Under 20/Senior/Master Ladies	5750 mtrs	17 years+
	Under 17 Men	5750 mtrs	15 & 16 years
	70+ Master Men	5750 mtrs	70 years +
2.15pm	Senior/Master Men	10760 mtrs	20 years +
	60+ Master Men	8250 mtrs	60 years +
	Under 20 Men	8250 mtrs	17, 18 & 19 years

(All timings are approximate but will only vary slightly if changed)

Ages as at 1st September 2012 (Masters as on the day)

All athletes **must** represent first claim club, wear club/school vest and have North Wales qualification.

NO SHOWER FACILITIES AVAILABLE

AWARDS: 1st, 2nd, 3rd in all age groups
1st team (3 to score) up to Under 20
1st, 2nd, 3rd teams (4 to score) Senior Ladies
1st, 2nd, 3rd teams (6 to score) Senior Men
1st, 2nd, 3rd teams (3 to score) Masters

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ORGANISED BY PRESTATYN RC WITH SUPPORT FROM ALL NW CLUBS

Further details from:

Gareth Hughes (01745 888078) regarding help on the day, marshalling duties etc.

David Alun Williams (01978 820612) regarding entries, awards etc.

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