

**HEREFORDSHIRE A.A.
CROSS COUNTRY CHAMPIONSHIPS
WILL BE HELD AT HEREFORD RACECOURSE
ON SUNDAY 10 APRIL 2022**

Age Group	School Year	Approx Distance	Time
Under 9 Girls	Year 4	1,000 metres	12:00pm
Under 9 Boys	Year 4	1,000 metres	12:05pm
Under 10 Girls	Year 5	1,000 metres	12:10pm
Under 10 Boys	Year 5	1,000 metres	12:15pm
Under 11 Girls	Year 6	1,000 metres	12:20pm
Under 11 Boys	Year 6	1,000 metres	12:25pm

**ENTRY FEE = £1 PER INDIVIDUAL ENTRANT
CLOSING DATE: FRIDAY 1st APRIL 2022**

		Approx Distance	Time from
Under 13 Girls	11 & 12 yrs old - midnight 31 Aug / 1st Sept 2021	2,750 metres	13:05pm
Under 15 Girls	13 & 14 yrs old - midnight 31 Aug / 1st Sept 2021	3,000 metres	13:15pm
Under 17 & U20 Women	15 & 16 yrs old - midnight 31 Aug / 1st Sept 2021	3,850 metres	13:25pm
Under 13 Boys	11 & 12 yrs old - midnight 31 Aug / 1st Sept 2021	2,750 metres	13:10pm
Under 15 Boys	13 & 14 yrs old - midnight 31 Aug / 1st Sept 2021	3,850 metres	13:40pm
Under 17 & U20 Men	15 & 16 yrs old - midnight 31 Aug / 1st Sept 2021	5,500 metres	13:45pm
Senior & Vet Men & Women	20 years +	7,500 metres	11:00am

ENTRY FEE = £3 PER INDIVIDUAL ENTRANT

**TEAM EVENTS: 6 TO RUN, TEAMS DECLARED ON DAY (3 TO SCORE)
CLOSING DATE: FRIDAY 1st APRIL 2022**

Entries to Championship Secretary; Mr A R Williams, 7 Redcar Avenue, HEREFORD. HR4 9TJ.

INDIVIDUAL ENTRY HEREFORDSHIRE A.A. - CROSS COUNTRY CHAMPIONSHIPS

Name Age Group

Address

Club / School Date of Birth

County Qualification
(Birth or 9 Months Residence)

Entry Fee Enclosed £.....

Signed Date.....