

**Lanarkshire Cross Country Championships**  
**Saturday 21<sup>st</sup> November 2015**  
**Drumpellier Park, Coatbridge**

**A SAL permit event under UKA Rules**

Secretary: Joanne Harkins  
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<b>Event</b>	<b>Time</b>	<b>Age group</b>	<b>Distance</b>	<b>Entry Fee</b>
Race 1	12:00	U11 Girls	1200m (1 small lap)	£2
Race 2	12:15	U11 Boys	1200m (1 small lap)	£2
Race 3	12:25	U13 Girls	2500m (1 large lap)	£2
Race 4	12:45	U13 Boys	2500m (1 large lap)	£2
Race 5	13:00	U15 Girls	3700m (1 small + 1 large lap)	£3
Race 5	13:00	U15 Boys	3700m (1 small + 1 large lap)	£3
Race 6	13:20	U17 M	5000m (2 large laps)	£3
Race 6	13:20	U17 F	5000m (2 large laps)	£3
Race 6	13:20	Sen/Vet Women	5000m (2 large laps)	£4
Race 7	13:50	Sen/Vet Men	10000m ( 4 large laps)	£4

Awards - First three finishers & First three teams (All teams 3 to count).  
Club prizes – Trophies for Male & Female teams with lowest points overall  
Presentation ASAP after each race at the course.

Only first claim members of fully paid up clubs with the LAAA can take part in this event.

**Ages as at midnight 31 Aug 2015.**

**Officials/Volunteers** – Every club must provide a minimum of **2 Officials/Volunteers**. Failure to do so will result in your club entries being declined.

Entries taken on day of race at the course from 10:30 – 11:30 or clubs can pre-enter by 17/11/15 with payment given on day.

Club tents required – if your club has a tent can you please bring it – for declaration/entry purposes