

Entries can be made on the day but the price of each event will increase

12:00	U11 Girls	1200m	1 Small Lap	£2 (£3 on the day)
12:15	U11 Boys	1200m	1 Small Lap	£2 (£3 on the day)
12:25	U13 Girls	2500m	1 Large Lap	£2 (£3 on the day)
12:45	U13 Boys	2500m	1 Large Lap	£2 (£3 on the day)
13:00	U15 Girls	3700m	1 Small + 1 Large Lap	£3 (£4 on the day)
13:00	U15 Boys	3700m	1 Small + 1 Large Lap	£3 (£4 on the day)
13:20	U17 Women	5000m	2 Large Laps	£3 (£4 on the day)
13:20	U17 Men	5000m	2 Large Laps	£3 (£4 on the day)
13:20	Sen/Vet Women	5000m	2 Large Laps	£4 (£5 on the day)
13:50	Sen/Vet Men	10000m	4 Large Laps	£4 (£5 on the day)

Prizes

First 3 in each race

First 3 teams in each race

Club Prize

Trophies for Men and Women. The teams with the lowest overall points from each race will win the trophy. If no team entered for a race maximum points will be given.

Volunteers

Each club must provide 2 volunteers.