



**NORTH WALES CROSS COUNTRY
CHAMPIONSHIPS 2016**
(Supported by Grand Prix Express)



at
The Rhug Estate, nr Corwen, LL21 0EH
(by kind permission of Lord Newborough)

on
Saturday 30th January 2016

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 25th January 2016

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

NO SHOWER FACILITIES AVAILABLE

NORTH WALES CROSS COUNTRY CHAMPIONSHIPS 2016

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

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



**NORTH WALES CROSS COUNTRY
CHAMPIONSHIPS 2016**

(Supported by Grand Prix Express)

at

The Rhug Estate, nr Corwen, LL21 0EH
(by kind permission of Lord Newborough)

Permit No: x/c 2016/30/1

on

Saturday 30th January 2016

11-30 am	Special Olympics	Approx 2 Miles	Open
12 noon	Under 11 Girls	Approx. 1 Mile	9 & 10 years
12.20pm	Under 13 Girls	Approx. 1.5 Miles	11 & 12 years
	Under 11 Boys		9 & 10 years
12.45pm	Under 15 Girls	Approx. 2 Miles	13 & 14 years
	Under 13 Boys		11 & 12 years
1.10pm	Under 17 Ladies	Approx. 3 Miles	15 & 16 years
	Under 15 Boys		13 & 14 years
1.35pm	Under 20/Senior/Master Ladies	Approx. 3.75 Miles	17 years+
	Under 17 Men		15 & 16 years
	70+ Master Men		70 years +
2.15pm	Senior/Master Men	Approx. 6.25 Miles	20 years +
	60+ Master Men	Approx. 5 Miles	60 years +
	Under 20 Men	Approx. 5 Miles	17, 18 & 19 years

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

Ages as at 1st September 2015 (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

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 19th January 2015

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.
For entries etc. David Alun Williams (01978 820612).

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