



CITY OF DERRY SPARTANS AC
proudly present



THE NORTH WEST CROSS COUNTRY CHAMPIONSHIPS

SAT 19th DEC 2008 at 12.15

**GRANSHA GROUNDS,
CLOONEY RD DERRY**

OPEN 6KM (3 laps)

(Senior & Masters Males/Females & U19 Boys
incorporating Boys U17 & Girls U19 4k(2 laps))

PRIZES

1st, 2nd, 3rd Male/Females Open race; Winners only Male/Female Masters categories;
Ribboned Medals to all Underage Finishers.

Prize for 1st team(only) in Open Male/Female race(4 to score)

Junior XC Races

11.30 - Primary(P5,P6,P7) - 1km,

11.40 - U13 Boys/Girls - 1km

11.55 - U15 Boys/Girls & U17 Girls - 2km

ENTRIES

Entry Fee: Primary School £1, U13-U19 £2. All others £5/ €5

Entries taken on day at U3A Building(beside Start) from 10.30 for all races.

Changing/Showers/Prizegiving at Oakgrove Integrated College
Post Race Refreshments Provided

Contacts: Gerry Lynch 07736213153 Eoghan Furey 00 353 87 9474883

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**Note: All levels of runners are welcome to compete, not just club athletes!
This is an ideal opportunity to try out Cross Country Running and see what
all the fuss is about ☺**

www.sparta-athletics.co.uk

