



CITY OF DERRY SPARTANS AC
proudly present



THE NORTH WEST CROSS COUNTRY CHAMPIONSHIPS

SAT 18th DEC 2010

**GRANSHA GROUNDS,
CLOONEY RD DERRY**

(RACE PROGRAMME)

11.30am..Girls and Boys U13...1.3K.....Entry Fee £1/E2

11.40am..Girls and Boys U15..2.3K.....Entry Fee £1/E2

11.55am..Girls U17.....3.1K Entry Fee £2/E3

11.55am..Boys U17.....4.9K Entry Fee £2/E3

12.20pm...Open Race(Male/Female)...6K

U20/Senior/Masters

Entry Fee £6/E8

* Juvenile Age Groups Qualification isage at 31/12/2010

* U20 an Masters Qualification is on the day!

* Ribbioned Medals to all U13/15/17 Finishers (at Finish Line)

* First 3 Finishers, Male/Female in Open Race

* All Age Category Winners, Male/Female in Open Race

U20, O35 to O70

* Winning Teams of 4, Male/Female in Open Race

Entries taken on Day..from 10 30am...at U3A Foyle Building(Pascal McDonald House).

Changing/Showers/Prizegiving and Post Race Refreshments at Oakgrove Integrated College
(From 1pm)

NI Masters Winter League Ranking Race

Contacts: Gerry Lynch 0044 7702006667

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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

