



City of Derry Spartans AC

North West Cross Country Championships

Sponsored by Foyle Valley Wine Club (Eamon Gee)

Saturday 17th December 2011
Gransha Park Grounds, Clooney Road, Derry

Race Programme

	Time	Age Groups	Distance	Prizes	Fee
Race 1	11.30am	Boys/Girls U13 <small>under age at 31/12/2011</small>	1.1 km	Ribboned Medals to all Finishers!	£1/€2
Race 2	11.40am	Boys/Girls U15 <small>under age at 31/12/2011</small>	2 km	Ribboned Medals to all Finishers!	£1/€2
Race 3	11.55am	Boys/Girls U17 <small>under age at 31/12/2011</small>	3.1 km	Ribboned Medals to all Finishers!	£1/€2
Race 4	12.20pm	Open Race Male/Female U20/Senior/Vets	6km	Open race(M/F)1 st ,2 nd ,3 rd Winner only (M/F) O35,O40,O45,O50,O55,O60,O65,O70 & U20 Winning team male (6 to score) and female (4 to score)	£5/€6

* All entries taken on the day in Gransha from 10.30am at the U3A Foyle Building*

Post Race Refreshments

Medals for Races 1 and 2 & 3 presented at the finish line

The Open 6K is a scoring race for both the NI Masters and the ANI Winter Leagues!

Further Information

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gerry.lynch@hotmail.com or eoghanfurey@gmail.com
www.sparta-athletics.co.uk

*This is the ideal opportunity for all "road only" runners and joggers to have a go at cross country.
If it's good enough for the Kenyans*

FOYLE VALLEY WINE CLUB
An invitation to explore
www.foylevalleywineclub.com

