

Scunthorpe Harriers AC

Annual Quibell Park Cross Country

In memory of Adam Simms & Rachel Fisk

(Held under UKA & ECCA rules)

At Quibell Park (DN17 1SR) on Saturday 5th February 2022

1. Fun run 1400m 11.15

2. U11 Girls 2100m 11.30

3. U11 Boys 2100m 11.30

4. U13 Girls 2600m 11.45

5. U13 Boys 2600m 11.45

6. U15 Girls 4000m 12.05

7. U15 Boys 4500m 12.45

8. Senior/Veteran Men 10000m 13.20

9. Senior/Veteran Women 8100m 13.20

10. U17 Men and Women 6300m 14.20

Times and distances are approximate. The Club reserves the right to start a race before time stated.

AWARDS: U17/Senior/Veteran prizes to first three

U11/U13/U15 Trophies to first three

Fun Run medal and chocolate for all finishers

Athletes are only eligible for ONE prize excluding team award.

TEAM AWARDS: to first team in each event (except 10 and 1)

First 3 runners to finish for club to count as team, identical club colours of registered design must be worn to be eligible.

ENTRY FEES: events 1 £3.00 events 2-7 £5.00 events 8-10 £8.00

Plus £2.00 for all unattached Seniors and Veterans

Plus £2.00 entry on the day (except fun run)

ONLINE ENTRIES TO : <https://forms.gle/SRV9TYgAkxW1Mqqc7>

For Additional Information please Email : [rachaelabdi@hotmail.co.uk](mailto:rachaelabdi@hotmail.co.uk)

Ages as Midnight 31st August 2021(except those who are 11 by day of competition who must run as U13.

CLOSING DATE 2nd February 2022, entries allowed on race day.