

# Knockburn Cross Country 2019

## Sunday 3<sup>th</sup> November



### Entry Form

Complete form using **BLOCK CAPITALS**

		<b>Age Group</b> (admin only)		<b>Race No.</b> (admin only)	
<b>First Name:</b>	<b>Surname:</b>		<b>Date of Birth:</b>		
<b>Club/school/ Unattached:</b>		<b>SAL No:</b>		<b>Age at 31<sup>st</sup> August:</b>	
<b>Address:</b>					
				<b>Postcode:</b>	
<b>Contact Tel No:</b>			<b>Emergency Tel No.</b> (not your own):		
<b>Email address for results:</b>					

Please tick correct box for the event you wish to enter

Race	Distance	Entry Fee	Male	Female
<b>Boys &amp; Girls 'Try-a-Trail'</b>	<1mile	£2.00		
<b>U11 Boys &amp; Girls</b>	1 mile	£2.00		
<b>U13 Boys &amp; Girls</b>	2 miles	£2.00		
<b>U15 Girls</b>	2 miles	£2.00		
<b>U15 Boys</b>	3 miles	£2.00		
<b>U17 Men &amp; Women</b>	3 miles	£2.00		
<b>Senior Men &amp; Women</b>	3 miles	£10 (non SAL £12.00)		
<b>Veteran Men &amp; Women 40+</b>	3 miles	£10 (non SAL £12.00)		
<b>Students</b>	3 miles	£5.00 (non SAL £7.00)		
<b>Senior Men &amp; Women</b>	6 miles	£10 (non SAL £12.00)		
<b>Veteran Men &amp; Women 40+</b>	6 miles	£10 (non SAL £12.00)		
<b>Students</b>	6 miles	£5.00 (non SAL £7.00)		

Declaration: I am medically fit to run in the above race and understand that I enter at my own risk, and the organisers will be in no way responsible for any injury, loss or illness incurred to my person during or as a result of the event or for any loss of property. I have no objections to the information contained in this application being entered on a computer for the purposes of race administration and race related mail-outs.

<b>Signed:</b>	<b>Date:</b>
----------------	--------------

# Knockburn Cross Country 2019

## Sunday 3<sup>th</sup> November



### Event Information

**Enter on the Day:** print an entry form, complete your details and bring it along on the day.

**Events for Everyone:** from Under 11 to Veteran.

**Try-a-Trail:** a shorter run (approx. 800m) for 5 to 8 years old.

**Registration:** race numbers will be allocated at registration on the day.

**Age Categories:** age as at 1<sup>st</sup> September 2019.

Under 11	Must be age 9 on day of race
Under 13	Born between 01/09/2006 and 31/08/2008
Under 15	Born between 01/09/2004 and 31/08/2006
Under 17	Born between 01/09/2002 and 31/08/2004
Try-a-Trail & Veterans	Age on Day of Race

### Race Schedule (Registration closes 30mins before each event)

Race	Distance	Start Time	Entry Fee
Boys & Girls 'Try-a-Trail'	<1mile	11:30 am	£2.00
Senior Men & Women	3 miles	11:45 am	£10 (non SAL £12.00)
Students	3 miles	11:45 am	£5.00 (non SAL £7.00)
U15 Boys, U17 Men & Women	3 miles	11:45 am	£2.00
U11 Girls	1 mile	12:30 pm	£2.00
U11 Boys	1 mile	12:45 pm	£2.00
U13 Girls & Boys, U15 Girls	2 miles	1.00pm	£2.00
Senior Men & Women	6 miles	1.30 pm	£10 (non SAL £12.00)
Students	6 miles	1.30 pm	£5.00 (non SAL £7.00)

### Awards

Medals will be awarded to 1st, 2nd and 3rd in each age group.

Team medals will be awarded to the 1st place team in U11, U13 & U15 age groups. (first 3 runners count as team if registered under the same team name)

### Directions

Knockburn Loch, Strachan, Aberdeenshire, AB32 6LL. 20 miles West of Aberdeen, 5 miles South of Banchory

### Venue

Parking on site – please follow marshals' directions.

Runners and spectators are asked to stick to the marked tracks. The course is run mainly on forest tracks and grass, wearing spikes is up to the athlete and may not be suitable due to the underfoot terrain or the time of year. Changing facilities are limited therefore runners are advised to arrive changed for racing. Refreshments will be available for purchase at Knockburn café -

[www.knockburn.co.uk](http://www.knockburn.co.uk)

Late changes to race day e.g. cancellations due to adverse weather will be posted on relevant Facebook pages and BSAC club website.

### Organiser

Andrew D Ferguson, email: [adf60@outlook.com](mailto:adf60@outlook.com)

[www.bsac.club](http://www.bsac.club)

follow us on Twitter @BancStoneAC