



THE MANX GAS CROSS COUNTRY CHALLENGE 2009/10

PLEASE USE THE SAME NUMBER FOR EACH ROUND - KEEP YOUR NUMBER

2009 – 2010 OFFICIAL ENTRY FORM

PLEASE COMPLETE IN BLOCK CAPITALS

SURNAME _____ FIRST NAME _____

ADDRESS _____

POST CODE _____ HOME TELEPHONE _____ SEX – M/F _____

DATE OF BIRTH _____ AGE ON DAY _____ AGE GROUP _____

CLUB/SCHOOL _____ NATIONALITY _____

EMAIL _____

SIGNED _____ DATE _____

I declare that I am an amateur as defined by UK Athletics rules

I agree to abide by the current UKA rules of competition

I agree not to hold the promoter/promoting body responsible in any way for injury or loss from my participation.

Forms can be posted to: Lewis Veale, Woodroyde, Main Rd, Colby. IM9 4NF. Please include an SAE to receive your number.

POINTS SYSTEM

There are 5 rounds. You are awarded double points for the Championship round, best 4 rounds to count for the league, which means that to qualify you have to do either.

- 1 – The Championship round (which counts double) plus a minimum of 2 other rounds, or
- 2 – If you miss the Championship round you would have to do all the other 4.

In each round, 50 points will be awarded for 1st place, 49 points for 2nd, 48 points for 3rd and so on. For the Championship Round, the winner would get 100 points, 2nd place 98, 3rd place 96 etc. The winner of each category will be the athlete with the highest points total from their best 4 races (or 3 including the Championship Round) at the end of the series.

ENTRY FEES per round - Juniors under 18 £3.00, Seniors (club members) £4.00, Seniors unattached £6.00