**Festival of Cross Country**

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**Castle Park, Bangor**

**Saturday 18th January 2020**

Registration from 10.30am at Marquis Hall, Bangor

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| **Timetable of events** | | | | |
| **Race** | **Time** | **Category** | **Distance** | **Entry Fee** |
| 1 | 11.30 | P5, P6 & P7 boys & girls | 1000m  (2 x 500m laps) | FREE |
| 2 | 11.50 | U13 boys & girls | 2600m  (2 x 1300m laps) | £3 per athlete |
| 3 | 12.15 | U15 & U17 boys and girls | 4000m  (3 laps) | £3 per athlete |
| 4 | 12.45 | Seniors, Masters (O40) & U20  Men’s Open  Seniors, Masters (O35) & U20 Women’s Open | 6500m  (4 laps)  4000m  (3 laps) | £5 per athlete |
| 5 | 13.30 | Relay race for women:  Seniors & Masters (O35)  3 athletes per team  Relay race for men:  Seniors & Masters (O40)  4 athletes per team | 2 x 1300m laps per athlete | £12 per team  £16 per team |

Additional Information

* Registration: Marquis Hall, Castle Park, Bangor.
* Race area: Front of Town Hall, Bangor
* Pre-entries are encouraged. Please and email [events@northdownac.co.uk](mailto:events@northdownac.co.uk)
* Registration: Opens at 10.30am, continues during the events, **strictly closing 20 minutes before the start of each race.**
* P5s welcome to compete only if experienced running Cross Country.
* Masters: Women over 35, men over 40.
* Women and men run together in both the open races and the relay races.
* Age on day of event for all races.
* Categories/team members cannot be changed after registration on the day.
* All teams must have 3 different women or 4 different men, each running 1 leg only for the same team. Any teams with less than the required number of athletes will be disqualified. However, relay runners can run in 2 different teams subject to age eligibility. For example, an athlete can run as athlete A in a team and athlete C in a different team.
* Athletes may compete in the Open Race as well as Relay Race.
* All team members in the relays should be from the same club.
* Car-parking is available in Abbey Street Car-parks (fee applicable). Free car-parking is available in Castle Park, Ward Park, Newtownards Road and Bangor Aurora. Please refrain from parking in Bangor Abbey Car Park or the Premier Inn Carpark.