



# CIVIL SERVICE ATHLETIC ASSOCIATION

## ANNUAL CROSS COUNTRY CHAMPIONSHIPS

PARLIAMENT HILL FIELDS, LONDON  
WEDNESDAY 10 October 2018

Men 10K & Women 7K – Both races start at 14.00

REGISTRATION AT PARLIAMENT HILL ATHLETICS TRACK, HIGHGATE ROAD NW5 1QR

### Medals To:

- First three in each race.
- First veteran, man and woman, in each of the age categories 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+.
- First three Departmental men's teams ( 4 to count )
- First Departmental men's V35 & V50 teams ( 3 to count )\*
- First three Departmental women's teams ( 3 to count )
- First Departmental women's Vets.' Team. ( 3 to count )\*

\*Vets.' team medals are awarded on the basis of finishing positions in the vets.' races

**ENTRIES CLOSE ON FRIDAY 5 October 2018**

*If you require an acknowledgement, please enclose s.a.e.*

*All entrants must be members of the Civil Service Sports Council*

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### **VETERANS – FOR BOTH MEN AND WOMEN 35 AND OVER**

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I am a veteran and my age on the race day is: .....

Please enter me for the MEN'S \* / WOMEN'S \* RACE (\*delete as appropriate)

I enclose my entry fee of £5.00. Cheques to be made out to CSAA

NAME.....e- mail.....

DEPARTMENT/ORGANISATION.....

ADDRESS.....

CSSC NUMBER.....Tel. No.....

### ENTRIES TO & DETAILS FROM:

Gerry Trainer 7 Daisy Bank, Richmond Hill, Cannock, Staffs. WS12 4SP

Phone: 03000 546285 (office) Mobile: 07903 743767

e-mail: [Gerry Trainer](mailto:Gerry.Trainer@csaa.gov.uk)