



CIVIL SERVICE ATHLETIC ASSOCIATION

ANNUAL CROSS COUNTRY CHAMPIONSHIPS

PARLIAMENT HILL FIELDS, LONDON
WEDNESDAY 9 October 2019

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 4th October 2019

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

All entrants must be members of the Civil Service Sports Council

VETERANS – FOR BOTH MEN AND WOMEN 35 AND OVER

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

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