

Queens Park Harriers.

Founded 1887

01597 870090

7 Dolybont,
St. Harmon,
Rhayader,
Powys.
LD6 5LZ
20th. September 2009

Dear

On behalf of Queens Park Harriers, I would like to invite your club to compete in our annual **Liddiard Cross Country Trophy** race which will be run under UKA Rules. This will be the **63rd** year of the event and we hope to have as many as possible of the teams who have competed over the years.

In addition to the men's race we shall be holding a Senior Ladies race as well which will begin at 2-00 p.m., but in the event of a small entry it will be run in conjunction with the men's event. Due to the many recent club amalgamations we shall be pleased if you can pass this information on to any other club that may be interested or to your current official if you are no longer responsible.

Date: Saturday 24th. October 2009. **Venue:** Fryent Open Space : Kingsbury, Middx.

Changing: Kingsbury Free Church, Slough Lane, Kingsbury, NW9.
Limited parking at the hall but street parking available.

Course: Undulating grass land.

Washing: Showers are not available but washing facilities and toilets are.

Refreshments : Available at the changing rooms.

2-00 p.m.. Ladies 3 miles. 6 to run per team with **3** to score.

Non scorers welcome.

Awards: first three individuals and first three teams.

2-30 p.m.. Men's Liddiard Trophy : 5 miles: 12 to run with **8** to score.

Non- scorers welcome.

Awards: first three individuals and first three teams.

Names on the day of race. Second claim athletes **will be** permitted to score only if **first claim** team is not competing at the event. Detailed map of area on request.

Discs will be used in the Men's race.

Entry Fees.

£5 per Club . (to cover entry for Men, Women and non-scorers.)

Please could you let me know if you **do not** wish to send a team this year.

N.B. The London Business Houses Championships will be held in conjunction with the above races and entries should be directed to Laurie Kelly on 020 8845 7442.

Eligible athletes may score in both events.

Yours in sport,

Peter Hunt.

Race Organiser.

N.B. Changing rooms will not be open until 1.00 p.m..