THE 31st BELFAST INTERNATIONAL CROSS COUNTRY



IAAF World Cross Country Permit Meeting



Sponsored by MIZUNO





Incorporating the **UK Cross Challenge**



to be held at

Stormont Estate, Belfast

On

SATURDAY 5 JANUARY 2008

Promoted by





WWW.NIATHLETICS.ORG





<u>THE BELFAST INTERNATIONAL CROSS COUNTRY - 5 JANUARY 2008</u> STORMONT ESTATE, BELFAST



Race Information The organisers reserve the right to change the race times

EVENT	AGE GROUP	DISTANCE	TIME	TEAM RACE	FEES	£	€
Girls U13 Race	Age 11 or 12 on	1800m	11.00am	Enter 8	Individual	£2.00	€3.00
	31 August 2007			Run 6 Score 3	Team	£6.00	€9.00
Boys U13 Race	Age 11 or 12 on 31 August 2007	1800m	11.15am	Enter 8 Run 6 Score 3	Individual Team	£2.00 £6.00	€3.00 €9.00
Girls U15 Race	Age 13 or 14 on 31 August 2007	3600m	11.30am	Enter 8 Run 6 Score 3	Individual Team	£4.00 £10.00	€6.00 €14.00
Boys U15 Race	Age 13 or 14 on 31 August 2007	3600m	11.55am	Enter 8 Run 6 Score 3	Individual Team	£4.00 £10.00	€6.00 €14.00
Girls U17 Race & IAAF Junior	Age 15 or 16 on 31 August 2007 Junior Women - U20 on 31 December 2008	3600m	12.15pm	Enter 8 Run 6 Score 3	Individual Team	£4.00 £10.00	€6.00 €14.00
Boys U17 Race	Age 15 or 16 on 31 August 2007	5600m	12.35pm	Enter 8 Run 6 Score 3	Individual Team	£4.00 £10.00	€6.00 €14.00
Male Veterans	At least 35 years of age on the day of the race	7400m	1.00pm	Enter any number Score 4	Registered Late Entry Unregistered Unreg late	£6.00 £8.00 £7.00 £9.00	€8.50 €11.50 €10.00 €13.00
Mens U20 Championships (IAAF Junior Men)	Under 20 on 31 December 2008	5600m	1.40pm	Enter 10 Run 8 Score 4	Individual Team	£6.00 £12.00	€8.50 €18.00
Women / Senior Women	Senior, International, and Veteran Women	5600m	2.10pm	Enter any number Score 4	Registered Late Entry Unregistered Unreg late	£6.00 £8.00 £7.00 £9.00	€8.50 €11.50 €10.00 €13.00
Senior Men	Senior and International	9000m	2.45pm	Enter any number Score 4	Registered Late Entry Unregistered Unreg late	£6.00 £8.00 £7.00 £9.00	€8.50 €11.50 €10.00 €13.00

GENERAL INFORMATION

- **CLOSING DATE: MONDAY 17 DECEMBER 2007.** Entries received after this date will be charged at the late entry fee. **No late entries accepted in Championship Events.**
- ONLINE ENTRY AVAILABLE ON www.niathletics.org / Credit/ Debit Card available in office
- Cheques/Postal Orders should be made payable to NIAF
- All Athletes over 15 years must be registered
- Teams must field no more than the permitted number
- No additions or substitutions will be allowed
- Please note Age Groups are set to keep in line with the UK Cross Challenge

Anti Doping:

All athletes and athlete support personnel are bound by UKA/IAAF Anti Doping Rules (which can be found on the UKA website www.ukathletics.net). In particular, athletes should ensure that they register any use of prescribed medication containing prohibited substances prior to any use or (in emergency cases) immediately after use. For further information please contact the UKA Anti Doping Department on 0870 998 6732.

Entries with entry fees should be returned to:

Athletics Northern Ireland, Athletics House, Old Coach Road, Belfast BT9 5PR **Tel:** 028 9060 2707 (048 9060 2707 from ROI) **Fax:** 028 9030 9939 (048 9030 9939 from ROI)

ENTRY FORM – SENIOR/ VETERAN WOMEN

(Please note, International athletes must also be entered by their club to score)

PLEASE PRINT ALL DETAILS CLEARLY IN BLOCK LETTERS

Details:

Club:	
Club Colours:	
Club Contact:	
Address	
Tel no.	Email

Entries: Enter any number, score 4

Please include category: S-Senior V+(Age) - Veteran

	Name	Cat.		Name	Cat.
1.			7.		
2.			8.		
3.			9.		
4.			10.		
5.			11.		
6.			12.		

Entries with fees (cheques to be made payable to **NIAF**) should be returned to:

Athletics Northern Ireland Athletics House Old Coach Road, Belfast BT9 5PR

Telephone: 028 9060 2707 Fax: 028 9030 9939

before MONDAY 17th DECEMBER 2007

OFFICE USE ONLY:	
AMT:	
DATE:	
METH:	

ENTRY FORM – SENIOR MEN

(Please note, International athletes must also be entered by their club to score)

PLEASE PRINT ALL DETAILS CLEARLY IN BLOCK LETTERS

Details:

Club:	
Club Colours:	
Club Contact:	
Address	
Tel No.	Email

Entries: Enter any number, score 4

	Name		Name
1.		7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	

Entries with fees (cheques to be made payable to **NIAF**) should be returned to:

Athletics Northern Ireland Athletics House

Old Coach Road, Belfast BT9 5PR

Telephone: 028 9060 2707 Fax: 028 9030 9939

before MONDAY 17th DECEMBER 2007

OFFICE USE ONLY:	
AMT:	
DATE:	_
METH:	_

ENTRY FORM GIRLS UNDER 13 RACE

(Aged 11 or 12 on 31st August 2007)

PLEASE PRINT ALL DETAILS CLEARLY IN **BLOCK LETTERS**

Details							
	Club:						
	Club Colou	ırs:					
	Club Contact:						
	Address						
	Tel No.		Email				
Entries	s: (enter 8,	run 6, s	core 3)				
Team_	A	1					
		Name			Name		
	1.			2.			
-	3.			4.			
!	5.			6.			
-	7.			8.			
Team	В						
		Name			Name		
	1.			2.			
-	3.			4.			
!	5.			6.			
-	7.			8.			
			b be made payable to NIAI	F) should be re	turned to:		
NI Athletic Federation Athletics House Old Coach Road, Belfast BT9 5PR					OFFICE USE ONLY:		
Telephone: 028 9060 2707 Fax: 028 9030 9939 AMT:						AMT:	
before	MONDAY	17 th DEC	CEMBER 2007			DATE:	
Enter O	nline Now a	it <u>www.n</u>	iathletics.org			METH:	

ENTRY FORM BOYS UNDER 13 RACE (Aged 11 or 12 on 31st August 2007)

ails:	ub:				
CI	ub Colours:				
Cl	ub Contact:				
Ad	ddress				
Te	el No.				
ries: (e	enter 8, run	6, score 3)			
m A	Nam	<u> </u>		Name	
1.			2.		
3.			4.		
5.			6.		
7.			8.		
, ·			0.		
m B	Nam	Δ		Name	
4	Nam			Nume	
1.			2.		
3.			4.		
5.			6.		
7.			8.		
es with	n fees (cheau	es to be made paya	able to NIAF) should	l be returned to:	
	orthern Irelan	d,	,		

DATE: _____

METH: _____

Enter Online Now at www.niathletics.org

before MONDAY 17th DECEMBER 2007

ENTRY FORM GIRLS UNDER 15

(Aged 13 or 14 on 31st August 2007)

PLEASE	E PRINT ALL DE	TAILS CLEARLY IN BLOCK LETTE	RS			
Detail	s:					
	Club:					
	Club Colours:					
	Club Contact:					
	Address					
	Tel No.		.Email			
Entrie	s: (enter 8, rui	1 6, score 3)				
Team				Τ		
	ſ	Name		Name		
	1.		2.			
-	3.		4.			
	5.		6.			
	7.		8.			
Team	В		•			
	1	Name		Name		
	1.		2.			
	3.		4.			
	5.		6.			
	7.		8.			
Athletic	with fees (cheq	OFFICE USE ONLY:				
Belfast	cs House, Old Co BT9 5PR				AMT:	
		707 Fax: 028 9030 9939			DATE:	
before MONDAY 17 th DECEMBER 2007 METH:						

ENTRY FORM BOYS UNDER 15

(Aged 13 or 14 on 31st August 2007)

PLEASE	E PRINT ALL	DETAIL	S CLEARLY IN BLOCK LETTI	ERS			
Detail							
	Club:						
	Club Colours:						
	Club Contact:						
	Address						
	Tel No.		Email.				
Entrie	s: (enter 8,	run 6,	score 3)				
Team	Α						
		Name			Name		
	1.			2.			
	3.			4.			
	5.			6.			
	7.			8.			
Team	В						
		Name			Name		
	1.			2.			
:	3.			4.			
!	5.			6.			
	7.			8.			
Athletic	with fees (c cs Northern I cs House, Old	reland	to be made payable to NIAF) should be	returned to:	OFFICE USE ONLY:	
Belfast	BT9 5PR					AMT:	
			Fax: 028 9030 9939 ECEMBER 2007			DATE:	
perore	MUNDAY		METH:				

ENTRY FORM FEMALE IAAF U20 (on 31 Dec 2008) & GIRLS UNDER 17 (Aged 15 or 16 on 31st August 2007)

PLEASE	E PRINT ALL DET	AILS CLEARLY IN BLOCK	LETTERS	5			
Detail							
	Club:						
	Club Colours:						
	Club Contact:						
	Address						
	Tel No.		E	mail			
Entrie	s: (enter 8, run	6, score 3)					
Team			T.		Т.,		Т.
	Name		Age Group		Name		Age Group
1.			-	2.			
3.				4.			
5.				6.			+
7.				8.			
Team	D.		<u> </u>				
leam	Name		Age Group		Name		Age Group
1.				2.			<u> </u>
3.				4.			†
5.				6.			
7.				8.			
							<u></u>
Entries with fees (cheques to be made payable to NIAF) should be returned to Athletics Northern Ireland					returned to:	OFFICE USE ONL	.Y:
	cs House, Old Coa : BT9 5PR	ıch Road,				AMT:	
		707 Fax: 028 9030 9939				DATE:	
before MONDAY 17 th DECEMBER 2007					METH:		

ENTRY FORM BOYS UNDER 17 RACE

(Aged 15 or 16 on 31st August 2007)

PLEASE PRINT ALL DETAILS CLEARLY IN **BLOCK LETTERS**

Details								
Details	Club:							
	Club Colour	s:						
	Club Contac	ct:						
	Address							
	Tel No.		Email.					
Entries	s: (enter 8, ı	run 6, :	score 3)					
Геат		Name			Name			
		varrie			Name			
1.				2.				
3.				4.				
5.				6.				
7.				8.				
Геат	В							
		Name			Name			
1.				2.				
3.				4.				
5.				6.				
7.				8.				
			o be made payable to I	NIAF) should be	e returned to:	OFFICE USE ONLY:		
Athletic Belfast	Athletics Northern Ireland Athletics House, Old Coach Road, Belfast BT9 5PR					AMT:		
Telepho	Telephone: 028 9060 2707 Fax: 028 9030 9939					DATE:		
before	MONDAY 1	7 th DE	CEMBER 2007			METH:		
Enter O	Inline Now at	www.r	niathletics.org					

ENTRY FORM MALE VETERANS RACE

(At least 35 years of age on the day of the Race)

PLEASE PRINT ALL DETAILS CLEARLY IN **BLOCK LETTERS**

Details:

Club:	
Club Colours:	
Club Contact:	
Address	
Tel No.	Email

Entries: (enter any number, score 4)

Please include veteran category

	Name	Vet Cat.		Name	Vet Cat.
1.			7.		
2.			8.		
3.			9.		
4.			10.		
5.			11.		
6.			12.		

Entries with fees (cheques to be made payable to **NIAF**) should be returned to: Athletics Northern Ireland Athletics House,

Old Coach Road, Belfast BT9 5PR

Telephone: 028 9060 2707 Fax: 028 9030 9939

before MONDAY 17th DECEMBER 2007

OFFICE USE ONLY:
AMT:
DATE:
METH:

ENTRY FORM MENS UNDER 20 CHAMPIONSHIPS

(Under IAAF Rules – under the age of 20 on 31 December 2008)

PLEASE PRINT ALL DETAILS CLEARLY IN **BLOCK LETTERS**

Email					
	Name				
2.					
4.					
6.					
8.					
10.					
2.					
4.					
6.					
8.					
10.					
to NIAF) should b	e returned to:	OFFICE USE ONLY:			
hletics Northern Ireland hletics House, Old Coach Road, Belfast BT9 5PR					
lephone: 028 9060 2707 Fax: 028 9030 9939 fore MONDAY 17 th DECEMBER 2007					
		METH:			
	2. 4. 6. 8. 10. 2. 4. 6. 8. 10. 2. 4. 6. 8. 10. 2. 4. 6. 8. 10. 2. 4. 6. 8. 10. 2. 4. 4. 4. 6. 6. 8. 4. 4. 6. 6. 8. 6. 6. 6. 8. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6. 6.	Name			