



WELSH ATHLETICS  
ATHLETAU CYMRU

# **NORTH WALES JUNIOR CROSS COUNTRY LEAGUE 2014**

**4th October – Treborth Track, Bangor, LL57 2RQ**

Local organiser: Steve Livett 01248 853067

**18th October – St. Davids College, Llandudno, LL30 1RD**

Local organiser: Crispin Backshall 07765 111019

**29th November – Ysgol Morgan Llwyd, Wrexham, LL13 9NG**

Local organiser: David Alun Williams 01978 820612

**6th December– Mold Alun High School, Mold, CH7 1EP(tbc)**

Local organiser: Sue Sayer 01244 550690

Series presentation will take place following the last fixture



**Enter on the day  
£3 per fixture**

**First race 10.30 am  
Registration from 9.30 am**



**Age groups: Under 11's (yr 5 + 6), under 13's (yr 7 + 8) and under 15's (yr 9 + 10)**

**Distances (approx):-u11G - 1 mile**

**u11B & u13G - 1½ miles**

**u13B & u15G - 2 miles**

**u15B - 2½ miles**

**Athletes must run in 3 or 4 races to receive a participation memento.**

**Trophies for the top 3 in each age group overall. Best 3 races to count.**

**1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> team medals in each age group overall with 4 runners to count.**

**Medals for the best Primary School overall (2 boys & 2 girls to count).**

**Only North Wales Clubs and Schools Athletes eligible for prizes.**

**Results available at [www.northwalesxc.com](http://www.northwalesxc.com)**