

MANX GAS ISLAND CROSS COUNTRY LEAGUE 2003/4

Promoted by the ISLE of MAN Athletic Association
with the help of all local Athletic Clubs

Round Two	9 th November 2003	Douglas	IOM Veterans Club
Round Three	23 rd November 2003	Ramsey	Northern AC
Round Four	14 th December 2003	Ramsey	Northern AC
Round Five	11 th January 2004	Peel	Western AC
Round Six	15 th February 2004	Douglas	Manx Harriers

- NB Rounds 2 & 3 have been reversed compared to the venues previously published
1. Competitions to take place on a Sunday
 2. Start times to be 2.00pm, with signing on from 1.30pm
 3. Total of 6 rounds to take place, (IOMCC 25th January 2004 spare date, if round cancelled)
 4. Minimum of 4 out of 6 rounds to count for awards.
 5. Teams to be declared after round one, 4 per team, composite teams allowed, Colours of School/Club teams must be worn.
 6. Ladies and Veteran ladies can be in same team
 7. Senior Men and Junior Men can be in same team
 8. No entry fee for teams (Team – 3 to count)
 9. In the event of an athlete being eligible to receive more than one individual award, the highest award will be given.
 10. Distances as laid down
 11. Entry Fees £2.00 Seniors and £1.00 for Under 9's to under 17's on the day
Unattached/unregistered £3.00
 12. Entry fees paid to IOMAA
 13. No expenses to be taken out of Entry Fee without consultation
 14. Clubs to promote and report their event to press, (IOMAA will assist if needed)
 15. IOMAA will assist with results and presentation
 16. All publicity to include reference to Sponsor
 17. Referee to be appointed for each event and IOMAA informed
 18. Map of course to be displayed and adequate Marshals provided
 19. First Aid officer appointed by promoting Club
 20. The course to be notified to competitors on the line
 21. UKA Rule 16 will apply to advertising on vests
 22. UKA Rule 18 will apply to the wearing of numbers
 23. No disqualification on the day

AGE GROUPS: AGE AS ON THE 31st AUGUST 2003 EXCEPT VETERANS AGE AS ON RACE DAY

Please note that if you wish to run the complete series, you can save time and money by filling in the entry form below,

ENTRIES TO: IOM XCL Thistledo, Ballafesson Road, Port Erin, IM9 6BT

Full Series Seniors £10.00 save £2.00 (every little helps)

Full Series Juniors £5.00 save £1.00

Distances of Competition

A.	Junior/Senior/Masters Men		LONG COURSE	5 to 6 miles
	NEW AWARD -	Men's Veteran Trophy, presented by IOM Veterans Club		
B.	Senior/Veteran Women		LONG COURSE	3 to 4 miles
	NEW AWARD -	Ladies Veteran Trophy, presented by IOM Veterans Club		
C.	Under 17 Boys and Girls/Junior/Senior/Master Men and Ladies		SHORT COURSE	2 miles
D.	Under 17 Boys	15 or 16 years		3 to 4 miles
E.	Under 17 Girls	15 or 16 years		2 to 3 miles
F.	Under 15 Boys	13 or 14 years		2 to 3 miles
G.	Under 15 Girls	13 or 14 years		1.5 to 2 miles
H.	Under 13 Boys	11 or 12 years		1.5 to 2 miles
I.	Under 13 Girls	11 or 12 years		1 to 1.5 miles
J.	Under 11 Boys	9 or 10 years		1 to 1.5 miles
K.	Under 11 Girls	9 or 10 years		1 mile
L.	Under 9 Boys	7 or 8 years		.5 mile
	NEW AWARD -	Dave Phillips Memorial Trophy, presented by Western AC		
M.	Under 9 Girls	7 or 8 years		.5 mile
	NEW AWARD -	John Kermode Memorial Trophy, presented by Kermode family		

RESULTS

Sunday evening: www.manxathletics.com
Following week: Manx Radio and Manx Independent Newspaper

ENTRY FORM

(For those who intend to compete in the full series)

COMPLETE THIS ENTRY FORM IN CAPITAL LETTERS

Name:

Age Group: Date of Birth:.....

N of E Registration No:.....

(Under 13's upwards)

Address.....

.....Post Code:.....

Telephone No:

Mobile Tel No:

CLUB/SCHOOL:..... e-mail:.....

[Cheques made payable to the IOM Athletic Association](#)