



**Essex Boys and Girls Clubs Cross Country
Championships & Boxing Challenge
incorporating the CYP National
Championships**

Saturday 15th January 2011

**Stubbers Adventure Centre,
Upminster, Essex, RM14 2TY**

Open to both boys and girls

Cost £1 per runner.

Report Time: 12.00pm Races Start :12.50pm

Open to all EBGC affiliated clubs.

Closing Date 7th January 2011.

clubs for young people
involve · enjoy · achieve



EBGC Cross Country Championships 2011

Essex Boys and Girls Clubs invite you all to take part in this year's Cross-Country Championships, which will be held at Stubbers Adventure Centre, Upminster, Essex on Saturday 15 January 2011.

These championships give young people in Essex an opportunity to test their personal fitness against others and many of them actually surprise themselves as to the talent they have for the sport and go on to join local athletic clubs.

ENTRIES

1. These Championships are both a team and an individual event. This event is open to all affiliated clubs of EBGC. Entries are welcome from all affiliated clubs including football clubs, boxing clubs, youth clubs and others.
2. In all races, clubs can enter as many teams as they wish, to a max of 6 runners per team, 4 to count. These teams will be nominated on the day. Each runner will also be entered into the individual competition.

AGES

Boys and Girls U11	9 or 10 years of age on 1 September 2010
Boys and Girls U13	11-12 years of age on 1 September 2010
Boys and Girls U15	13-14 years of age on 1 September 2010
Boys and Girls U17	15-16 years of age on 1 September 2010



Please return this form to EBGC, Harway House, Rectory Lane, Chelmsford CM1 1RQ or E-Mail to davids@essexboysandgirlsclubs.org by **Friday 7th January 2011.**

Name of club

Name and Address for correspondence.....

.....

Email address

Telephone number (day)..... Mobile.....

Signed.....

We would like to enter the following individuals in the Clubs for Young People UK Cross Country Championships and the EBGC X Country Championships and Boxing Club Challenge at Stubbers Adventure centre on Saturday 15th January 2011.

Age Group as at 1st September 2010	No. of boys Individuals	No. Of teams	No. of girls individuals	No. Of teams	Total No of YP
Age 9 or 10					
Age 11 or 12					
Age 13 or 14					
Age 15 or 16					