North Down AC Festival of Cross Country Relays

Saturday 5th January 2019

Registration from 10.30am at Marquis Hall, Bangor

Please complete and return to [northdownac@gmail.com](mailto:northdownac@gmail.com). **Please ensure to complete category for each team. Thank you**

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| Club: |  |
| Contact Name: |  |
| Contact telephone: |  |
| Contact email: |  |

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| **Category** | **Participants per team** | **Cost per team** |
| Ladies Seniors | 3 | £12 |
| Ladies Masters (O35) | 3 | £12 |
| Men’s Seniors | 4 | £16 |
| Men’s Masters (O40) | 4 | £16 |

Athletes can only run once per team

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| **Category:** | **Team name:** | **Age** | **Bib No** |
| Team Member A |  |  |  |
| Team Member B |  |  |  |
| Team Member C |  |  |  |
| Team Member D (men only) |  |  |  |

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