



HARTLEPOOL CROSS COUNTRY CHAMPIONSHIPS 2023 / CHARITY FUN RUN

12th March 2023

1pm to 4.30pm

High Tunstall School

Entry Fee £10

Medals for all participants

Trophies and club shield up for grabs for race winners

This year we are supporting MIND Charity who offer amazing support for mental health and illness

A fun run is available for all those who would like to raise money for the cause by completing a non-competitive run (and also grab a medal!)

A sponsorship form can be downloaded for your use if needed from www.hartlepoolathletics.com
(click events)

You can also have your sponsors donate directly to our JustGiving Page
www.justgiving.com/page/hac2023

School Year Championship Distance for Club Members (Approximate Distances)

Year 1&2	Year 3&4	Year 5&6	Year 7&8	Year 9&10	Year 11,12&13	Seniors
1k	1.2k	2k	4k	4k	5k	5k

Fun Run is 1k

You can see a map of the route at www.hartlepoolathletics.com (click events)

Q&A

1. How do I register myself or my child? **Please get in touch with head coach (John) at hartlepoolathletics@gmail.com or 07972734619**
2. I have no association with the club but myself or my child would like to get involved in the fun run, is that OK? **Absolutely!**
3. I am a member of HAC and I would like to do the fun run instead of the championship race, is that OK? **Of Course!**
4. Am I eligible to a full refund I can no longer make the event? **Yes, No problem**
5. When does all of the sponsorship money need to be submitted to the club? **All sponsorship to be submitted on or before the 12th March**

IN LOVING MEMORY OF CRAIG ROBSON