



## 10K Inter-County Championships

Sunday 15<sup>th</sup> Oct, Cambridge



Eastern Athletics Association are once again holding 10K Inter-County Championships at the [Cambridge Town & Gown 10K](#). The closed road course is scenic, flat and fast!

The format will be as follows:

- Counties within the EAA area are invited to enter teams of 4 men & 4 women.
- The times of the first 3 finishers will be combined to give the team time.
- Prizes will be awarded to the 1<sup>st</sup> men's team and 1<sup>st</sup> women's team.
- There will also be awards for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female.
- County runners will also be eligible to win awards in the Town & Gown 10K.
- The race starts at 10:00, with Inter-County presentations taking place at 10:45

Eligible runners interested in taking part should contact their respective County Association to put themselves forward for selection.

Contact the [trevor.bunch@btinternet.com](mailto:trevor.bunch@btinternet.com) for further information.