



CHESHIRE COUNTY ATHLETIC ASSOCIATION ANNUAL CROSS COUNTRY CHAMPIONSHIPS

Held under UKA rules for competition (Permit 2019019)
In association with Spectrum Striders



Saturday 5th January 2019

Birchwood Forest Park, Warrington

Race	Start time	Age Group	Distance (approx)	Laps
1	11:30	Under 11 M & F	2000m	2 small
2	11:50	Under 13 M & F	3300m	2 medium
3	12:20	Under 15 M & F	4200m	2 large
4	13:00	Under 17 M & F	5000m	3 medium
4	13:00	Under 20 F	5000m	3 medium
5	13:40	Senior F	8300m	4 large
6	14:45	Under 20 M	8300m	4 large
6	14:45	Senior M	10400m	5 large

NB: U20 F will run with the U17's in Race 4. U20 M start with the Senior Men but finish 1 lap earlier.

Eligibility: All competitors must have **either** been born within the 1974 Cheshire county boundaries (incl. Halton & Warrington) **or** have been resident in Cheshire for 9 months prior to the date of competition **AND must not** have competed in another county's champs since 1st Oct 2018.

Age Groups: Veterans: Age on race day

Under 11's - Competitors 9 years of age on 5th Jan 2019 or 10 years of age on 31st August 2018

Under 13's - Competitors 11 years on 5th Jan 2019 (EA registered) or 12 years on 31st August 2018

All other age groups: Age on 31st Aug 2018

Note that only those U20 athletes born in 2000 or later will be eligible to run the U20 race at the CAU event. Any older U20's who wish to seek selection at the CAU event are advised to enter the senior race at the county champs.

Awards will be given to the first three individuals, and club teams in each age group, subject to entries.

Veteran awards will be given to the winner of each of the following age categories:

Male 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 & Over 75

Female 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 & Over 70

Teams: Senior men 6 to count; Vet men 4 to count; All other races 3 runners to count.
Veteran men and ladies can count towards both the senior and veteran teams.

All athletes (except race 1 (U11)) **must have an up-to-date England Athletics registration.**
Athletes must run for their first claim club.

Club vests must be worn.

Headphones must not be worn. (This includes bone-conducting headphones.)

Entry fee: £4.00 per person (plus online booking fee).

Note that it is cheaper per person to make a block entry than to enter individually.

Entries: Online only (SportSoft) – follow the link on www.CheshireAA.com.

Closing Date: Saturday 29th December 2018 (**No late entries accepted**)

Note: Full list of entries, course map, and location directions, will be published on www.CheshireAA.com after the closing date, and on the Cheshire County Athletics Association facebook page.
Numbers to be collected on the day.

Note: All clubs are asked to provide a named marshal.