

# CHESHIRE COUNTY ATHLETIC ASSOCIATION ANNUAL CROSS COUNTRY CHAMPIONSHIPS

Held under UKA rules for competition

*In association with*

South Cheshire Harriers, Crewe & Nantwich AC and Cheshire East Council

To be held at

***Reaseheath College, Nantwich  
on Saturday, 9<sup>th</sup> January 2010***

<u>Approx. start time</u>	<u>Age group</u>	<u>Approx Distance</u>
11.30 am	u/11 Boys & Girls	1800m
11.45 am	u/13 Boys & Girls	2800m
12.00 noon	u/15 Girls	3800m
12.25 pm	u/15Boys & u/17 Ladies	5000m
12.45 pm	u/17 Men & u/20 Ladies	6000m
1.15 pm	u/20 Men & Senior Ladies	7700m
2.00 pm	Senior Men	11600m

**Eligibility:** **All competitors** must have 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 1<sup>st</sup> Oct 09. For all club competitors: club vests must be worn.  
*Please also note* that any athlete with learning or physical disabilities must be accompanied by a responsible adult throughout the race.

**Age Groups:** **All age groups (except Veterans) : your age on 31<sup>st</sup> August 2009**  
Veterans : age on race day (9<sup>th</sup> January 2010)  
U/11s must run in their own age group **and be a minimum of 9 years on 31<sup>st</sup> August 2009**

**Awards :** As before, awards will be given to the first three individuals and club teams in each age group, subject to the number of entries. (1 –3 entries 1st place only, 4-5 entries 1<sup>st</sup> and 2<sup>nd</sup>, 6+ entries 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>). (The u/11 awards will be sponsored by George Bunner).  
Veteran awards will be given in the following age categories :  
Male : 0/40, 0/45, 0/50, 0/55, 0/60, 0/65 & 0/70  
Female : 0/35, 0/40, 0/45, 0/50, 0/55 & 0/60  
Veteran men and ladies can count towards both the senior and veteran teams.

**Teams:** Senior men 6 to count, Vet men 4 to count, all other races 3 to count.  
**Athletes MUST run for their first claim club.**

**Entry fee:** All seniors and vets : £3.00 All other age groups : £2.50  
Please make cheques payable to 'Cheshire County Athletic Association'

**Entries to:** Race Secretary, 97 Close Lane, Alsager, ST7 2UN  
Please enclose a stamped addressed envelope for directions, numbers, and race details.

**Closing Date:** 3<sup>rd</sup> Jan 2010(**no late entries accepted**)

**NB:** Full list of entries will be published on [www.CheshireAA.com](http://www.CheshireAA.com) after the closing date.

**Note 1** All clubs are asked to provide a named marshal.

