



**CHESHIRE COUNTY ATHLETIC ASSOCIATION
ANNUAL CROSS COUNTRY CHAMPIONSHIPS**

Held under UKA rules for competition (Permit 2014018)

In association with **Spectrum Striders**



Saturday 4th January 2014

Birchwood Forest Park, Warrington WA3 6OX

Approx start time	Age group	Approx Distance	School Years
11.30 am	U/11 Boys & Girls	2,000m	5/6
11.45 am	U/13 Boys & Girls	2,800m	7/8
12.00 pm	U/15 Girls	3,500m	9/10
12.25 pm	U/15 Boys & U/17 Ladies	4,500m	9/10(B), 11/12(L)
12.45 pm	U/17 Men & U/20 Ladies	6,000m	11/12 (M)
1.20 pm	U/20 Men & Senior Ladies	7,500m	
2.15 pm	Senior Men	10,000m	

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 2013.

Age Groups: See school years as above.

All other age groups: Age on 31st Aug 2013 except for veterans: Age on race day.

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

Veteran awards will be given in the following age categories dependent on number of entries;

Male O/40, O/45, O/50, O/55, O/60, O/65 & O/70

Female O/35, O/40, O/45, O/50, O/55, & O/60

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.

Athletes must run for their first claim club.

Club vests must be worn.

Entry fee: £3.50 per person.

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

If possible, club secretaries should submit their entries in a single batch, because the county are charged per transaction, and not per entrant.

Closing Date: Saturday 28th December 2013 (**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

Note: All clubs are asked to provide a named marshal