



CHESHIRE COUNTY ATHLETIC ASSOCIATION ANNUAL CROSS COUNTRY CHAMPIONSHIPS

Held under UKA rules for competition (Permit tba)

In association with **South Cheshire Harriers**

With the assistance of **Reaseheath College**

www.reaseheath.ac.uk



Saturday 9th January 2016

Reaseheath, Nantwich, CW5 6DF

Approx start time	Age group	Approx Distance	School Years
11.30 am	U/11 Boys & Girls	2,300m	5/6
11.50 am	U/13 Boys & Girls	3,300m	7/8
12.10 pm	U/15 Girls	3,500m	9/10
12.35 pm	U/15 Boys & U/17 Ladies	4,400m	9/10(B), 11/12(L)
1.00 pm	U/17 Men & U/20 Ladies	6,300m	11/12 (M)
1.40 pm	U/20 Men & Senior Ladies	7,700m	
2.30 pm	Senior Men	11,000m	

(Distances are approximate, and are subject to change.)

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 2015.

Age Groups: See school years as above.

All other age groups: Age on 31st Aug 2015 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 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.

Athletes must run for their first claim club.

Club vests must be worn.

Entry fee: £3.50 per person.

Entries: Online only – <https://www.runbritain.com/race/cheshire-cross-country-champs/entry>.

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 2nd January 2016 (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