

**Cheshire County Athletic Association**  
**Annual Cross Country Championships**  
Held under UKA rules for competition (Permit 2018004)  
In association with Vale Royal AC & The Forestry Commission

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**Saturday 6<sup>th</sup> January 2018**

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**Delamere Forest, Linnere, Delamere, Northwich, Cheshire**

<i>Race</i>	<i>Start time</i>	<i>Age Group</i>	<i>Distance</i>	<i>Laps</i>	<i>School Years</i>
1	11:30	Under 11 M & F	≈2000m	1 small	5/6
2	11:50	Under 13 M & F	≈3300m	1 large	7/8
3	12:20	Under 15 M & F	≈5000m	1 small + 1 large	9/10
4	13:00	Under 17 M & F	≈6400m	2 large	11/12
4	13:00	Under 20 F	≈6400m	2 large	
5	13:40	Senior F	≈8400m	1 small 2 large	
6	14:45	Under 20 M	≈8400m	1 small 2 large	
6	14:45	Senior M	≈11500m	1 small 3 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:** Competitors must have **either** been born within the 1974 Cheshire County boundary (including Halton and Warrington) **or** have been a Cheshire resident for the 9 months prior to the competition date **and must not** have competed in another county's event since 1<sup>st</sup> October 2017.

**Age Groups:** See school years as above. Under 20 and Seniors, age at 31<sup>st</sup> August 2017. Veterans, age on race day. Note that only those Under 20's born in 1999 or later will be eligible to run the U20 race at the CAU event in March 2018. Older U20's seeking selection for the CAU event as a Senior should enter the Senior race at the County Championships.

**Awards:** First 3 individuals and club teams in each age group (see table above), subject to entries.

**Veteran Awards:** First individual in each of the following age categories:

Male 40-44, 45-49, 50-54, 55-59, 60-65, 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, Veteran men 4 to count. All other races 3 to count.

Veteran men (40+) and ladies (35+) can count towards both the Senior and Veterans' teams.

**Athletes (except U11) must be currently registered with England Athletics, run for their first claim club, and wear their club vest. For reasons of safety no headphones of any sort are to be worn.**

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

(Note that it is cheaper to make a block entry than to enter individually.)

**Entries:** Online only, follow the link on [www.CheshireAA.com](http://www.CheshireAA.com) . **Numbers to be collected on the day.**

**Closing Date:** Saturday 30<sup>th</sup> December 2017. **No late entries accepted.**

**Note:** Full list of entries, course maps, venue directions and parking instructions will be published on [www.CheshireAA.com](http://www.CheshireAA.com) after the closing date and on the Cheshire County Athletics Association Facebook page.

**Marshals:** All clubs are asked to provide a named marshal.