



**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.

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.

Presentations will take place as soon as possible after each race, outside the rangers hut

Race numbers can be collected from the rangers hut by team managers

Club vests must be worn.

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

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

Parking: The postcode for the competitors' car park is WA3 6BU

Refreshments: Hot/cold drinks and cold snacks will be available from the café in the park.

Inter Counties: Leading finishers in all races (*except U11*) will be handed a letter at the end of their race.
These should be returned to the relevant team manager as soon as possible.