



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



Held under UKA rules for competition (Permit 2020020)

**Saturday 4<sup>th</sup> January 2020**

**Knights Grange, Winsford**

Race	Start time	Age Group	Distance (approx)	Laps
1	11:00	Under 11 M & F	1600m	1 small
2	11:20	Under 13 M & F	3000m	2 small
3	11:50	Under 15 M & F	4100m	2 medium
4	12:20	Under 17 M & F	5400m	2 large
4	12:20	Under 20 F	5400m	2 large
5	13:00	Under 20 M	8000m	3 large
5	13:00	Senior F	8000m	3 large
6	13:50	Senior M	10500m	4 large

**NB:** U20 F will run with the U17's in Race 4. U20 M will run with the Senior women in race 5

**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 1<sup>st</sup> Oct 2019.

**Age Groups:** Veterans: Age on race day

Under 11's - Competitors 9 years of age on 4th Jan 2020 or 10 years of age on 31st August 2019

Under 13's - Competitors 11 years on 4th Jan 2020 (EA registered) or 12 years on 31st August 2019

All other age groups: Age on 31<sup>st</sup> Aug 2019

Note that only those U20 athletes born in 2001 or later will be eligible to run the U20 race at the CAU event. Any older U20's who wish to seek selection at the CAU event are advised to enter the senior race at the county champs.

**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.

**All athletes** (except race 1 (U11)) **must** have an up-to-date England Athletics registration.

**All athletes** (including race 1 (U11)) **must be club members and run for their first claim club.**

**Club vests must be worn.**

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

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

*Note that it is cheaper per person to make a block entry than to enter individually.*

**Entries:** Online only (SportSoft) – follow the link on [www.CheshireAA.com](http://www.CheshireAA.com).

**Closing Date:** Saturday 28<sup>th</sup> December 2019 (No late entries accepted)

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

Numbers to be collected on the day.

**Note:** All clubs are asked to provide 2 named helpers – course set-up, marshalling, course clear-up as there is no host club, otherwise it will not be possible to hold the event.