



# CHESHIRE COUNTY ATHLETIC ASSOCIATION ANNUAL CROSS COUNTRY CHAMPIONSHIPS



Held under UKA rules for competition (Permit CC2023/1001)

## Saturday 6<sup>th</sup> January 2024

### Reaseheath College Nantwich CW5 6DF

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
5	13:00	Under 20 F	6800m	1 large + 1 Extra Large
5	13:00	Senior/ Veteran F	6800m	1 large + 1 Extra Large
6	14:00	Under 20 M	9700m	1 large + 2 Extra Large
6	14:00	Senior/ Veteran M	9700m	1 large + 2 Extra Large

**NB:** U20 F will run with the Senior women in Race 5. U20 M will run with the Senior men in race 6

**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 2023.

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

Under 11's - Competitors 9 years of age on 6th Jan 2024 or 10 years of age on 31st August 2023

Under 13's - Competitors 11 years on 6th Jan 2024 (EA registered) or 12 years on 31st August 2023

All other age groups: Age on 31<sup>st</sup> Aug 2023

Note that only those U20 athletes born in 2005 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, Senior Ladies and Vet men/ women 4 to count

All other races 3 runners to count. Veteran men and ladies 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 (U/11)) **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:** £9.00 per person for **Seniors and Veterans** £6 per person for **Juniors**

Note there is an online booking fee and it is cheaper for Team Managers to make a block entry than to enter athletes individually.

**Entries:** Online only at SportSoft – follow the link on <https://www.race-results.co.uk/results/2024/>

**Closing Date:** Monday 1st January 2024 (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  
Volunteers' names will be collected by email before the event