

CHESHIRE COUNTY ATHLETIC ASSOCIATION ANNUAL CROSS COUNTRY CHAMPIONSHIPS

Held under UKA rules for competition (Permit 2015032)



In association with
[Tattenhall Runners](#)
[The Bolesworth Estate](#)
[Caudwell Children](#)



Saturday 3rd January 2015

**Bolesworth Castle, Chester
CH3 9DU**



Approx start time	Age group	Distance	Course
11.30 am	U/11 Boys & Girls	1,800m	1 x small
11.50 am	U/13 Boys & Girls	2,560m	1 x (small + loop)
12.10 pm	U/15 Girls	3,600m	2 x small
12.35 pm	U/15 Boys & U/17 Ladies	4,490m	1 x small + 1 x large
1.00 pm	U/17 Men & U/20 Ladies	6,270m	1 x large + 1 x (large + loop)
1.40 pm	U/20 Men & Senior Ladies	7,160m	2 x (large + loop)
2.30 pm	Senior Men	9,850m	1 x large + 2 x (large + loop)

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.

Numbers will all be collected on the day. If possible, please bring your own pins.

Accommodation. There are no buildings or permanent shelters on site.

Clubs are strongly advised to bring their own tents.

The tent area is adjacent to the car park, and very close to the start/finish area.

Dogs:- We have been informed that whilst dogs are welcome at the event, the venue is a country estate and country sports (ie shooting) may be taking place in adjacent fields.

As such, you are strongly advised to keep dogs on a lead at all times.

Inter County Champs. For all races (except under 11's), team managers will be handing out availability letters for the Inter county Cross Country Champs at Birmingham in March to the first dozen or so finishers. If you are handed one of these, please make sure you hand it in on the day, or as soon as possible afterwards – **even if you are not available.**

TRAVEL DIRECTIONS:

The event takes place at Bolesworth Castle, near Tattenhall.

There are two entrances to the castle estate.

All competitors and spectators attending the event **MUST** use the entrance on the A41 (the Chester-Whitchurch road) on the west side of the estate, and enter through the lodge gates.

The postcode for this entrance is **CH3 9DU**.

This is what the entrance looks like:



The car park is reached by means of an internal access road which twice cuts across the cross country course. If a race is in progress when you arrive, you will be asked to stop and will not be allowed to proceed until it is safe to do so. As such, you are advised to arrive with plenty of time to spare.

The car park is being manned by volunteers from Caudwell Children, who are the chosen charity of the Bolesworth Estate, who will be collecting £2 per car. Please have the correct amount of change, if possible.

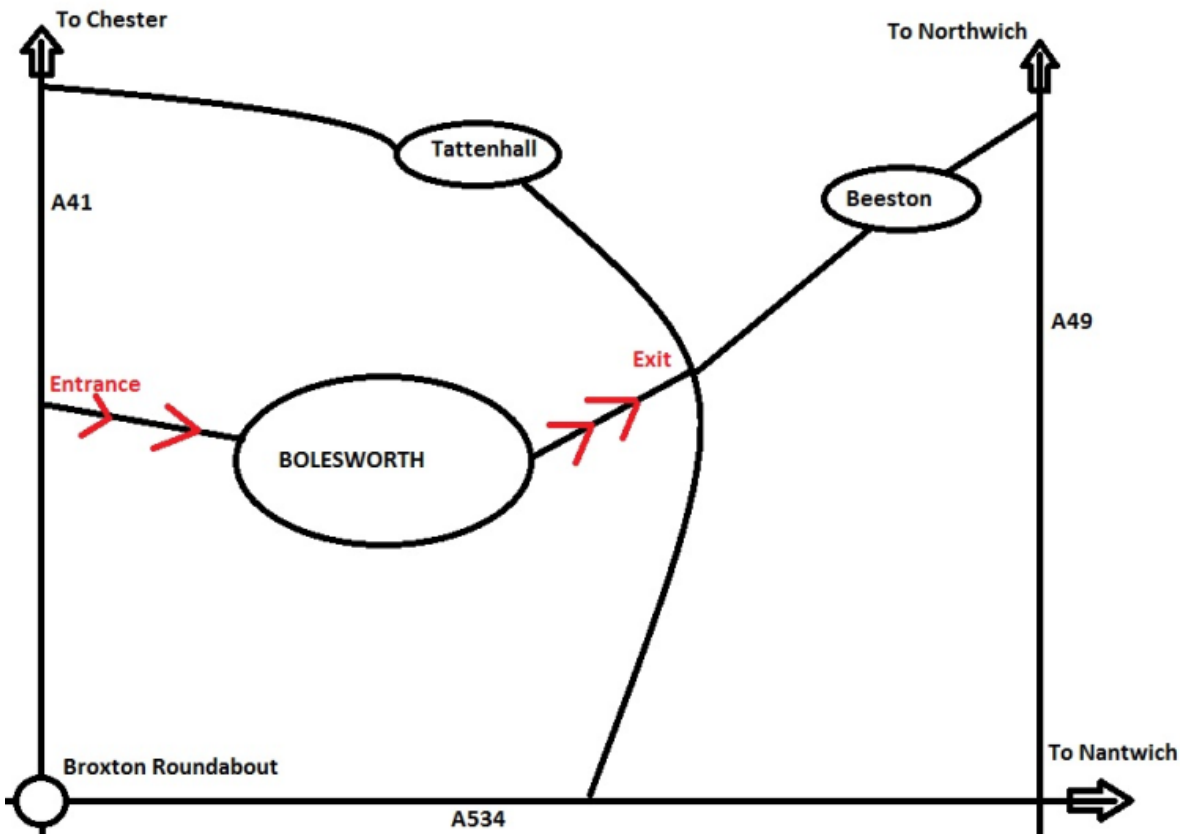
A one-way system will be in place, and when you leave the event, you will exit through the other entrance, at the north-east side of the estate on Bolesworth Road (opposite the end of Dark Lane). There are gates at this exit, but they will open to allow you out.

Unless you are local, you will be lost at this point, so you are strongly advised to plot your route home now !

(Turning left will take you to Tattenhall;

Straight on will take you towards Beeston;

Turning right will take you to the A534 (the Wrexham-Nantwich road).)



(Map not to scale)

Course Maps (all laps are run anti-clockwise)

Large with inner loop



Large



Small with inner loop



Small

