



LANCASHIRE ATHLETIC ASSOCIATION

2012 COUNTY CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 7th JANUARY 2012 - WITTON PARK, BLACKBURN



www.lancsaa.co.uk

These Championships are open to all athletes who have a Lancashire qualification which may be acquired as follows:-
 a) By birth or (b) By 9 months continuous residence in the County of Lancashire immediately prior to the date of these Championships. The County boundary is the **current** geographical boundary of Lancashire and includes the Isle of Man.

Permit No1112057

For all age groups

Held under U.K. Athletics/ECCA /L.A.A. Rules

ATHLETES MUST BE AGE 8 YEARS OR OVER

CLUB VESTS MUST BE WORN

RACE TIMES

11.00 U11 Boys	1.8 Km	12.30 U17 Men	5.8 Km
11.15 U11 Girls	1.8 Km	13.00 U20 * & Senior Women	7.0 Km
11.30 U13 Boys	3.0 Km	Vet Women (35+ yrs)	7.0 Km
11.35 U13 Girls	3.0 Km	14.00 U20 Men *	10.0 Km
12.00 U15 Boys	3.6 Km	14.00 Senior Men	10.0 Km
12.05 U15 Girls	3.6 Km	14.00 Vet Men (40+ years)	10.0 Km
12.30 U17 Women	5.8 Km		

Age groups as at 31st August 2011

Except Veterans – Age on day of race.

ENTRY FEES

Pre-entry before 17 th December 2011	£3.00	U11, U13, U15 & U17
	£4.00	JUNIORS, SENIORS & VETS
Late entry/on the day	£4.00	U11, U13, U15 & U17
	£6.00	JUNIORS, SENIORS & VETS

supported by



ENTRIES CLOSE 30 minutes before each race.

Seniors / Vets one entry fee. U20s count in the Senior Championship

Cheques payable to LANCASHIRE ATHLETIC ASSOCIATION. **No acknowledgment will be sent**

Numbers must be **collected 30 minutes** before the start of the race.

www.peteblandsports.co.uk

MEDALS

U11, U13 & U15 BOYS & GIRLS	First 3 individuals	First 3 teams (4 to score)
U17 & JUNIOR MEN & WOMEN	First 3 individuals	First 3 teams (3 to score)
SENIOR WOMEN	First 3 individuals	First 3 teams (3 to score)
VETERAN WOMEN (35 + years) 5 year age categories,	First 3 individuals	First 3 teams (3 to score)
SENIOR MEN	First 3 individuals	First 3 teams (6 to score)
VETERAN MEN (40 + years) 5 year age categories,	First 3 individuals	First 3 teams (4 to score)

MEN & WOMEN'S TEAMS WILL BE FIRST 6 MEN, FIRST 3 WOMEN TO FINISH, REGARDLESS OF AGE CATEGORY
 IN EACH AGE GROUP, TEAM MEDALS WILL BE AWARDED TO ALL COUNTERS PLUS THE NEXT TWO ATHLETES

Please see statement on website for changes for the 2012 Championships

Closing date for postal entries **SATURDAY 17TH DECEMBER 2011** For On-Line entry go to www.race-results.co.uk

-----Fold and tear/cut off here - keeping the top half-----

SURNAME First name.....

ADDRESS.....

Phone No..... CLUB.....

Date of Birth..... Birth Place.....

Reg No..... Male / Female Age Category Entered.....

Signed (If under 16 parent or guardian to sign).....Date.....

I am an amateur as defined by U.K.A. Rules

I qualify to compete in the Lancashire AA Cross Country Championships by virtue of **BIRTH** **RESIDENCE**.....

Postal entries by 17th December 2011 Cheques payable to LANCASHIRE ATHLETIC ASSOCIATION

To: Steve Duxbury, "Greenville", 114 Haslingden Old Road, Rawtenstall, Lancs. BB4 8SA

PLEASE DO NOT PUT IN **LARGE ENVELOPE** UNLESS SURCHARGE IS PAID. **Numbers to be collected on day.**

EXTRA FORMS CAN BE OBTAINED FROM THE LANCASHIRE WEBSITE www.lancsaa.co.uk