



CHESHIRE COUNTY ATHLETIC ASSOCIATION

ANNUAL CROSS COUNTRY CHAMPIONSHIPS

Held under UKA rules for competition (Permit 2017015)

In association with Spectrum Striders



Saturday 7th January 2017

Birchwood Forest Park, Warrington

Approx start time	Age group	Approx Distance	School Years
11.30 am	U/11 Boys & Girls	2,000m	5/6
11.50 am	U/13 Boys & Girls	2,800m	7/8
12.10 pm	U/15 Girls	3,500m	9/10
12.35 pm	U/15 Boys & U/17 Ladies	4,500m	9/10(B), 11/12(L)
1.00 pm	U/17 Men & U/20 Ladies	6,000m	11/12 (M)
1.40 pm	U/20 Men & Senior Ladies	7,500m	
2.30 pm	Senior Men	10,000m	

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 1st Oct 2016.

Age Groups: See school years as above.

All other age groups: Age on 31st Aug 2016 except for veterans: Age on race day.

Note that only those U20 athletes born in 1998 or later will be eligible to run the U20 race at CAU event. Any older U20's who wish to seek selection at CAU event should 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 U11) **must** have an up-to-date England Athletics registration.

Athletes must run for their first claim club.

Club vests must be worn.

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

Entry fee: £3.50 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 – follow the link on www.CheshireAA.com.

Closing Date: Saturday 31st December 2016 (No late entries accepted)

Note: Full list of entries, course map, and location directions, will be published on 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 a named marshal.