



MERSEYSIDE COUNTY ATHLETIC ASSOCIATION

President: R Scott

29th ANNUAL CROSS COUNTRY CHAMPIONSHIPS

Saturday 6th January 2024

**Rear of St Marys Church, West Derby Village,
L12.**

(Car Park via Oak Lane Liverpool L12 0HB)

Under UKA Rules : Licence Number - tbc

10.40am (Boys - Non-championship race (1.6km) for Merseyside Clubs - Boys who are 9, 10 on 31.8.23

10.50am (Girls - Non-championship race (1.6km) for Merseyside Clubs - Girls who are 9, 10 on 31.8.23

Medals to the first three Boys and Girls and first three teams (4 to count) - Entry Fee £3.00

11.00	U13 GIRLS (4 to count)	11 or 12 on 31.8.23	3.1 km
11.20	U13 BOYS (4 to count)	11 or 12 on 31.8.23	3.1 km
11.40	U15 GIRLS (4 to count)	13 or 14 on 31.8.23	4.6 km
12.00	U15 BOYS (4 to count)	13 or 14 on 31.8.23	4.6 km
12.20	U17/U20 WOMEN (3 to count)	15 to 19 on 31.8.23	6.1 km
12.50	U17 MEN (3 to count)	15 or 16 on 31.8.23	6.1 km
13.15	SEN WOMEN (inc Vets 4 to C)	20 or older on 31.8.23	7.6 km
14.00	U20 MEN (3 to count)	17 to 19 on 31.8.23	7.6 km
14.00	SEN MEN (inc Vets, 6 to count)	20 or older on 31.8.23	10.8 km

An individual with county qualifications from a club outside Merseyside

Please also enter on line. (Any issues email - arwelwilliams@aol.com)

Clubs can run 2nd claim athletes if their 1st claim club is outside the county.

ATHLETES MUST BE REGISTERED and Paid their Affiliation fee to ENGLAND ATHLETICS to enter

Competitors may only compete in their own age group.

ANY NUMBER may be entered in EACH RACE and ALL may run

**The ENTRY FEE is £6.00 per runner for the Senior Men and Women
races and £5.00 per runner for U13 to U20 races**

ENTRIES ON LINE ONLY – Sportsoft Race Results

ENTRIES CLOSE – On Friday 29th December 2023

⇒⇒⇒⇒ !!!!! NO ENTRIES ON THE DAY !!!!! ⇐⇐⇐⇐

First 3 teams U17/U20 Women will be a combined team race

First 3 individuals and First 3 veterans in the age groups below

First individual from an unplaced club not receiving an individual or team medal.

There will be VETERANS AWARDS in the Senior events as follows:

First 3 x 35 – 44 , 45 - 54, 55 - 64 and 65 + Men and Women

NB - Veterans age categories MUST be given on the entry form to qualify for an award

NB - Veterans will also qualify for individual awards

Club vests must be worn in all Championship races.



All entrants shall be deemed to have made him/herself familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK.