

**Cambridgeshire Athletic Association - Cross Country Championships 2016**  
**Priory Park St Neots - Sunday 3rd January 2016**  
**(run under UK Athletics Rules)**

**Entries to:-** R. A Church, 30 Muskham, Bretton, PETERBOROUGH, PE3 9XU

**Rules for entry**

All entries must be on an official Cambridgeshire County Championship Entry Form (below). Please print details and return to entry secretary with the entry fee of £2.50 for under 11, under 13, under 15, and under 17 athletes, and £3.00 for under 20's, seniors, and veterans. Fees payable to 'Cambridgeshire Athletic Association'- there is no additional team entry fee. Please enter each age-group and gender on a separate form (i.e. one form for each age-group)

**Closing date for entries** – Wednesday 23<sup>rd</sup> December 2015.

The person(s) completing the entry form will be responsible for entries being correct. Incorrect entries may lead to disqualification on the day.

**LATE ENTRIES WILL NOT BE ACCEPTED.**

**Check carefully** – No athlete shall join a cross-country race that is not qualified (eligible) to compete. Athletes infringing this rule shall be liable to expulsion from any race under the jurisdiction of UK Athletics and could also render their club liable to disqualification.

**Club Vests** - The correct club vest must be worn; otherwise individuals (and teams) may be disqualified.

**Awards** – Cambridgeshire AA medals will be awarded to the first three individuals and the first three teams in each race (now including under 11's)

**Teams**

- Senior men - The first 6 to score. The senior team can comprise of seniors, vets and under 20's. (The first 6 to finish score for team 'A', if the team consists of 6 or more; the next 6 constitutes team 'B' and so on).
- Senior women - The first 3 to score. The senior team can comprise of seniors, vets and under 20's. (The first 3 to finish score for team 'A', if the team consists of 3 or more; the next 3 constitutes team 'B' and so on).
- All other age groups - 3 to score (the first three to finish score for team 'A', if the team consists of 3 or more; the next three constitutes team 'B' and so on).
- Veteran teams can be comprised of runners from any veteran category.
- All athletes qualifying for a club team must be either 1<sup>st</sup> claim members of that club, or 2<sup>nd</sup> claim members of that club if their first claim club is not affiliated to Cambridgeshire AA.

**Numbers** – Will be issued at the event registration on the day.

**First Aid** – Qualified first aiders will be in attendance.

**Changing** – Pavilion in Priory Park.

**Parking** – Please park in Almond road, which is adjacent to Priory Park. Please do not park in the local housing estates as this causes complaints from local residents

**Age groups** - as specified in the UK Athletics Rules.

Age groups are based on the athlete's age as on 31<sup>st</sup> August 2015 for all age-groups with the following exceptions.

- The Under 13 age group shall be confined to competitors who are aged at least 11 years on the day of competition, or who were aged 11 or 12 on 31<sup>st</sup> of August 2015
- Under 11's must be aged at least 8 and under 11 on the day of competition
- Veterans – age as on the day of competition

**Veterans** Competition categories:- Men : 40/50/60 Women: 35/45/55

**First event 11.00am.** Timetable will be sent with acknowledgement of entry.

**Event secretary** – R. A. Church, 30 Muskham, Bretton, Peterborough, PE3 9XU. Tel: 01733 260716.

### Cambs AA Cross-country championships Timetable 2016

<b>Age-group</b>	<b>Race Time</b>	<b>Distance</b>
<b>U11 Boys</b>	<b>11:00</b>	<b>1.7K</b>
<b>U11 Girls</b>	<b>11:15</b>	<b>1.7 K</b>
<b>U13 Girls</b>	<b>11:30</b>	<b>2.9 K</b>
<b>U13 Boys</b>	<b>11:35</b>	<b>2.9 K</b>
<b>U15 Girls</b>	<b>12:00</b>	<b>4.3 K</b>
<b>U15 Boys</b>	<b>12:05</b>	<b>4.3 K</b>
<b>Senior Men, Under 20 Men, Vet. Men</b>	<b>12:30</b>	<b>10 K</b>
<b>U17 Women</b>	<b>13:15</b>	<b>4.8 K</b>
<b>U17 Men</b>	<b>13:45</b>	<b>5.8 K</b>
<b>Senior Women, U20 Women, Vet. Women</b>	<b>13.50</b>	<b>5.8K</b>

**Parking – Please use parking in Almond Road or other properly designated parking areas. Please do not Park in the adjacent Housing estates as this causes aggravation to local residents and may affect future use of the venue.**

