<u>Cambridgeshire Athletic Association - Cross Country Championships 2016</u> <u>Priory Park St Neots - Sunday 3rd January 2016</u>

(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 23rd 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 1st claim members of that club, or 2nd 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 31st 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 31st 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

Age-group	Race Time	Distance
U11 Boys	11.00	1.7K
U11 Girls	11:15	1.7 K
U13 Girls	11:30	2.9 K
U13 Boys	11:35	2.9 K
U15 Girls	12:00	4.3 K
U15 Boys	12:05	4.3 K
Senior Men, Under 20 Men, Vet. Men	12:30	10 K
U17 Women	13:15	4.8 K
U17 Men	13:45	5.8 K
Senior Women, U20 Women, Vet. Women	13.50	5.8K

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

Entry Form - Cambridgeshire A.A. - Cross Country Championships, Priory Park, St Neots - Sunday3rd January 2016

D.O.B

Thursday 24th December 2015.

Club Entry Sec's. - Please enter any 2nd claim members on a separate form under the name of their first claim club, if their

Eligibility

(See Note)

£3.00 for Under 20's, Seniors and Veterans.

Age Group.....

(for Senior and Under 20's only)

Contact Tel number (for county team selection)

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

Senior/Junior/Veteran Men; U17 Men; U15 Boys; U13 Boys; U11 Boys. Senior/Junior/Veteran Women; U17Women; U15 Girls; U13 Girls; U11 Girls.

first claim club is affiliated to Cambridgeshire AA.(see notes under teams).

Name of Club.....

Closing date for receipt of entries:

Competitors

Address

Postcode

For travel directions Enclose S.A.E - tick here

Name

Entry Fee: £2.50 for Under 11s, U13's, U15's, U17's:

Separate Entry forms please for each age group please:

Note: Eligibility qualifications for entry. (only Birth, Residence or HM Forces are acceptable) Insert "B" for birth. Insert "R" if competitor has nine months continuous residence in the county immediately prior to the						
date of competition. It immediately prior to o		r of an HM Fo	rces service ui	nit stationed in the county for nine months		
Signature of club of	ficial		Date			
Name						

Telephone: