



LANCASHIRE ATHLETIC ASSOCIATION

2009 COUNTY CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 10th JANUARY 2009 - 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 NINE 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 No 08/09019

For all age groups

Held under U.K. Athletics/ECCA Rules (**see over**)

ATHLETES MUST BE AGE 8 YEARS OR OVER

CLUB VEST MUST BE WORN

RACE TIMES

11.00	U11 Boys	1.8 Km	13.10	U17 Men	5.8 Km
11.15	U11 Girls	1.8 Km	13.10	U20 & Senior Women	5.8 Km
11.30	U13 Boys	3.0 Km	13.10	Vet Women (35-55 yrs)	5.8 Km
11.35	U13 Girls	3.0 Km	14.00	U20 Men *	8.0 Km
12.00	U15 Boys	3.6 Km	14.00	Senior Men	10.8 Km
12.00	U15 Girls	3.6 Km	14.00	Vet Men (40-60 years)	10.8 Km
12.30	U17 Women	5.2 Km			

* **Qualifying date for Inter Counties selection 31st Dec 2009**

Age groups as at 31st August/1st September 2008

Except Veterans – Age on day of race.

ENTRY FEES

PRE ENTRY BEFORE 20th DECEMBER 2008

£4 U11, U13, U15 & U17

£5 JUNIORS, SENIORS & VETS

LATE ENTRY / ON THE DAY

£6 U11, U13, U15 & U17

£8 JUNIORS, SENIORS & VETS

ENTRIES CLOSE 30 minutes before each race.

£10 Inov-8 shoe voucher with every number.

Seniors / Vets one entry fee. Juniors may run 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.

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 (35-55 years) 5 year age categories, Silver awarded if 3 run & Bronze if 5 run

SENIOR MEN First 3 individuals First 3 teams (6 to score)

VETERAN MEN (40-60 years) 5 year age categories, Silver awarded if 3 run & Bronze if 5 run

NO VETERAN TEAM AWARDS – MEN & WOMEN'S TEAMS WILL BE FIRST 6 MEN, FIRST 3 WOMEN TO FINISH, REGARDLESS OF AGE CATEGORY

STRICT CLOSING DATE FOR POSTAL ENTRIES SATURDAY 20TH DECEMBER 2008

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

SURNAME First name.....

ADDRESS.....

Phone No..... 1st CLAIM 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 20th December 2008 Cheques payable to LANCASHIRE ATHLETIC ASSOCIATION

To: LAA XC CHAMPIONSHIPS, 7, Smith Lane, Egerton, Bolton, Lancs. BL7 9ET

PLEASE DO NOT PUT IN **LARGE ENVELOPE** UNLESS SURCHARGE IS PAID.

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