



**CHESHIRE COUNTY ATHLETIC ASSOCIATION  
ANNUAL CROSS COUNTRY CHAMPIONSHIPS**

Held under UKA rules for competition (Permit tba)  
In association with **South Cheshire Harriers**  
With the assistance of **Reaseheath College**



[www.reaseheath.ac.uk](http://www.reaseheath.ac.uk)



**Saturday 9<sup>th</sup> January 2016**

**Reaseheath, Nantwich, CW5 6DF**

Approx start time	Age group	Approx Distance	School Years
11.30 am	U/11 Boys & Girls	2,300m	5/6
11.50 am	U/13 Boys & Girls	3,300m	7/8
12.10 pm	U/15 Girls	3,500m	9/10
12.35 pm	U/15 Boys & U/17 Ladies	4,400m	9/10(B), 11/12(L)
1.00 pm	U/17 Men & U/20 Ladies	6,300m	11/12 (M)
1.40 pm	U/20 Men & Senior Ladies	7,700m	
2.30 pm	Senior Men	11,000m	

(Distances are approximate, and are subject to change.)

**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 1<sup>st</sup> Oct 2015.

**Age Groups:** See school years as above.

All other age groups: Age on 31<sup>st</sup> Aug 2015 except for veterans: Age on race day.

**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.

**Athletes must run for their first claim club.**

**Club vests must be worn.**

**Entry fee:** £3.50 per person.

**Entries:** Online only – <https://www.runbritain.com/race/cheshire-cross-country-champs/entry>.

If possible, club secretaries should submit their entries in a single batch, because the county are charged per transaction, and not per entrant.

**Closing Date:** Saturday 2<sup>nd</sup> January 2016 (No late entries accepted)

**Note:** Full list of entries, course map, and location directions, will be published on [www.Cheshireaa.com](http://www.Cheshireaa.com) after the closing date

**Note:** All clubs are asked to provide a named marshal