



LANCASHIRE ATHLETIC ASSOCIATION

2010 COUNTY CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 9th JANUARY 2010 - 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 0910059

For all age groups

Held under U.K. Athletics/ECCA /L.A.A. 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	12.30 U17 Men	5.8 Km
11.15 U11 Girls	1.8 Km	13.00 U20 * & Senior Women	7.0 Km
11.30 U13 Boys	3.0 Km	Vet Women (35+ yrs)	7.0 Km
11.35 U13 Girls	3.0 Km	14.00 U20 Men *	10.0 Km
12.00 U15 Boys	3.6 Km	14.00 Senior Men	10.0 Km
12.05 U15 Girls	3.6 Km	14.00 Vet Men (40+ years)	10.0 Km
12.30 U17 Women	5.8 Km		

*** Qualifying date for Inter Counties selection 31st Dec 2010**

Age groups as at 31st August 2009

Except Veterans – Age on day of race.

ENTRY FEES

PRE ENTRY BEFORE 19th DECEMBER 2009

£4	U11, U13, U15 & U17	
£5	JUNIORS, SENIORS & VETS	
£6	U11, U13, U15 & U17	
£8	JUNIORS, SENIORS & VETS	

LATE ENTRY / ON THE DAY

supported by



ENTRIES CLOSE 30 minutes before each race.

Seniors / Vets one entry fee. Juniors **do not count** 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 + years) 5 year age categories,	First 3 individuals	(No teams)
SENIOR MEN	First 3 individuals	First 3 teams (6 to score)
VETERAN MEN (40 + years) 5 year age categories,	First 3 individuals	(No teams)

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 19TH DECEMBER 2009

-----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 19TH December 2009 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. **Numbers to be collected on day.**

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