



LANCASHIRE ATHLETIC ASSOCIATION

2015 COUNTY CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 3rd JANUARY 2015 - 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 9 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 Applied For **For all age groups** Held under U.K. Athletics/ECCA /L.A.A. Rules

ATHLETES MUST BE AGED 8 YEARS OR OVER

CLUB VESTS MUST BE WORN

RACE TIMES

11.00 U11 Boys	1.8 Km	12.30 U17 Men	5.6 Km
11.15 U11 Girls	1.8 Km	13.00 U20 * & Senior Women	6.7 Km
11.30 U13 Boys	3.0 Km	Vet Women (35+ yrs)	6.7 Km
11.33 U13 Girls	3.0 Km	14.00 U20 Men *	9.8 Km
12.00 U15 Boys	3.8 Km	14.00 Senior Men	9.8 Km
12.03 U15 Girls	3.8 Km	14.00 Vet Men (40+ years)	9.8 Km
12.30 U17 Women	5.6 Km		

Age groups as at 31st August 2014

Except Veterans – Age on day of race.

ENTRY FEES

Pre-entry before 15 th December 2014	£3.00	U11, U13, U15 & U17
	£4.00	JUNIORS, SENIORS & VETS
Late entry/on the day	£4.00	U11, U13, U15 & U17
	£6.00	JUNIORS, SENIORS & VETS

ENTRIES CLOSE 30 minutes before each race.

Seniors / Vets one entry fee. U20s 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.

supported by



www.peteblandsports.co.uk

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	First 3 teams (3 to score)
SENIOR MEN	First 3 individuals	First 3 teams (6 to score)
VETERAN MEN (40 + years) 5 year age categories,	First 3 individuals	First 3 teams (4 to score)

MEN & WOMEN'S TEAMS WILL BE FIRST 6 MEN, FIRST 3 WOMEN TO FINISH, REGARDLESS OF AGE CATEGORY
 IN EACH AGE GROUP, TEAM MEDALS WILL BE AWARDED TO ALL COUNTERS PLUS THE NEXT TWO ATHLETES

Senior Men's and Women's Plate Awards for teams who finished outside the first 5 and 4 teams respectively in the 2013 Championships

Closing date for postal entries, **Monday 15th DECEMBER 2014**. For On-Line entry go to www.race-results.co.uk

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SURNAME First name.....

ADDRESS.....

Phone No..... 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 15th December 2014 Cheques payable to LANCASHIRE ATHLETIC ASSOCIATION

To: Steve Duxbury, "Greenville", 114 Haslingden Old Road, Rawtenstall, Lancs. BB4 8SA

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