



Lancashire Athletic Association



2020 CROSS COUNTRY CHAMPIONSHIPS

Saturday 4th January—Witton Park, Blackburn

www.lancsaa.co.uk

These Championships are open to all athletes who have a Lancashire qualification. (Please see overleaf.)

UKA Permit applied for.

Held under U.K Athletics/ECCA/L.A.A. Rules.

ENTRY FEES Age groups as at 31st August 2019 except Veterans—age on the day.
Athletes must be 8 years or older

Pre entry before 18th December	£3.00	U11, U13, U15 & U17	Entry on day	£4.00
	£4.00	U20, Senior & Vets		£6.00

MEDALS Team medals will be awarded to all counters plus the next two non counting scorers

U11,U13 & U15 BOYS & GIRLS, SENIOR WOMEN First 3 individuals First 3 teams (4 to score)

U17 & U20 MEN & WOMEN, VETERAN WOMEN First 3 individuals First 3 teams (3 to score)

SENIOR MEN FIRST 3 individuals First 3 teams (6 to score) U20S & Veterans will count

VETERAN MEN First 3 individuals First 3 teams (4 to score)

Individual veteran medals will be awarded in all 5 year age categories.

The senior women's and men's "Plate" is awarded to the best placed team who have finished outside of the first four and five teams respectively in the previous year.

Closing date for postal entries **Wednesday 18th December 2019**. On-line entry www.race-results.co.uk

-----Fold and cut off here, retain top half-----

SURNAME..... FIRST NAME.....

ADDRESS.....

.....PHONE NUMBER.....

EA LICENCE NUMBER..... CLUB.....

DATE OF BIRTH..... PLACE OF BIRTH.....

MALE/FEMALE..... AGE CATEGORY ENTERED(PLEASE STATE VET CATEGORY—5 YEAR AGE BANDS).....

SIGNED (If under 16 parent or Guardian to sign)..... DATE.....

I qualify to compete in the Lancashire Athletic Association 2019 County Cross Country Championships by virtue of:

BIRTH ☐ Please tick appropriate box RESIDENCE ☐

Entries to: **Steve Duxbury, "Greenville", 114, Haslingden Old Road, Rawtenstall, Lancashire. BB4 8SA**

Cheques payable to Lancashire Athletic Association.

Please do not post in large envelope unless surcharge is paid. Numbers to be collected on day.

LANCASHIRE COUNTY QUALIFICATION

County qualification may be acquired by birth or by nine month residence immediately prior to the competition or otherwise as defined in Rule 21 of the current UKA Rules for Competition.

Please note that entries from athletes from those parts of Greater Manchester and Merseyside, which had previously been part of Lancashire county prior to the boundary changes and administrative reforms in 1974, will not be accepted. If you have any doubts about your eligibility to compete in these championships please contact me before attempting to enter.

Steve Duxbury 01706 224377 or 07857633060 stevedux@btinternet.com

EA REGISTRATION OR LICENCE NUMBER

All athletes, other than U11s must include their licence number or their entry will not be accepted. If you are unsure of your number ask your Club Membership Secretary or go to:

<http://livemyathletics.uka.org.uk/LicenceCheck/>

TIMETABLE

11.00	U11 Boys	1.8 Km		12.03	U15 Girls	3.8 Km
11.15	U11 Girls	1.8 Km		12.30	U17 Men & Women	5.6 K
11.30	U13 Boys	3 Km		13.00	U20, Senior & Vet. Women	6.7Km
11.33	U13 Girls	3 Km		14.00	U20, Senior & Vet. Men	9.8 Km
12.00	U15 Boys	3.8 Km		Club vests must be worn		

LANCASHIRE CROSS COUNTRY TEAM SELECTION

The first 6 finishers in the following races will qualify for automatic selection for the Inter Counties team to run at Prestwold Hall, Loughborough on Saturday 7th March 2020:

- U13 Boys & Girls, U15 Boys & Girls, U17 Men & Women with 2 other places to be decided at team manager's discretion.
- Senior Men & Women with 3 other places to be decided at team manager's discretion.

The first 4 finishers in the U20 Men's and Women's races will also have automatic selection with 4 other places to be decided at team manager's discretion. U20s seeking selection must be under 20 for the whole of the competition year i.e. age at midnight December 31st 2020