

NOTTINGHAMSHIRE AAA CROSS COUNTRY CHAMPIONSHIPS 2010

(In association with DERBYSHIRE AAA)

To be held at Markeaton Park Derby

Saturday 9th January 2010

CLOSING DATE FOR ENTRIES WILL BE MONDAY 14TH DECEMBER 2009

Absolutely NO LATE ENTRIES will be accepted

EVENTS

U11 Girls	1.5k approx	11.00	U11 Boys	1.5k approx	11.15
U13 Girls	3k approx	12.45	U13 Boys	3k approx	12.05
U15 Girls	4k approx	14.00	U15 Boys	4.5k approx	14.20
U17/U20 Women	5k approx	13.30	U17 Men	6k approx	11.30
Senior/Vet Women	8k approx	11.55	U20/Senior/Vet Men	10k approx	12.35

AGE LIMITS

Under 11 Boys and Girls - 9 on the day of the race and under 11 on 1st September 2009

Ages as at 1st September 2009

Veteran Men 40-49, 50-59, Over 60 on the day of the race

Veteran Women 35-44, 45-54, Over 55 on the day of the race

TEAMS

Under 17/20 women will be a combined team competition using any combination of runners (3 to score).

Senior Men which will be 6 to score, Veteran Men 4 to score, all others 3 to score.

There is NO Under 20 Men team competition.

Under 20 and Veteran Men may score in a Senior Men's team.

Teams will be scored using the first required number of athletes 6/4/3 to finish, B teams etc would score the next 6/4/3 whatever number required for that age group.

Veteran Men and Veteran Women teams must be declared ONLY if a club has a SENIOR MEN'S or SENIOR WOMEN'S team.

All numbers to be collected on the day. Check www.nottsaaa.org for list of entries.

ENTRY FEES

No team entry fees, enter as individuals. Entry fees : **U11 Boys and Girls £2-00, all others £3-50**

Cheques and Postal Orders made payable to NOTTINGHAMSHIRE AAA

All runners are to wear club/school, County, Area or International vests. Athletes wearing any other vest risk disqualification unless they have the Referee's permission.

QUALIFICATION runners must have been born in Nottinghamshire or, have been a resident for at least 9 months in the County prior to the day of the competition. Runners are ineligible if they have competed in another County Championships or represented another County in the Year of competition.

Selection for the County team will be based mainly on these Championships.

Senior Men and Women the first 6 + 3 at the selector's discretion (9 to run)

All other age groups the first 7 +1 at the selector's discretion (8 to run)

CAU Championships Date and Venue not yet known

Championship Secretary: Harold Billings

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