



**MERSEYSIDE COUNTY ATHLETIC ASSOCIATION**

**President : Mr Bob Brimage (Wallasey AC)**

**25th ANNUAL CROSS COUNTRY**

**CHAMPIONSHIPS**

**Saturday, 6th January 2018.**

**Arrowe Park, Birkenhead**

**Under UKA Rules : Permit Number: applied for**



**10.45 Non-championship race for Merseyside Boys and Girls, 9 or 10 on the day. 1.8km Medals to the first three Boys and Girls – no team race. Entry fee £1 per runner to the email address below by Sunday 31st December 2017 - no entries on the day**

11.00	U13 GIRLS (4 to count)	11 or 12 on 31.8.17 or 11 on day	2.9 km
11.20	U13 BOYS (4 to count)	11 or 12 on 31.8.17 or 11 on day	2.9 km
11.40	U15 GIRLS (4 to count)	13 or 14 on 31.8.17	3.9 km
12.00	U15 BOYS (4 to count)	13 or 14 on 31.8.17	3.9 km
12.20	U17/U20 WOMEN (3 to count)	15 to 19 on 31.8.17	4.7 km
12.50	U17 MEN (3 to count)	15 or 16 on 31.8.17	4.7 km
13.15	SENIOR WOMEN (inc Vets 4 to C)	20 or older on 31.8.17	7.9 km
14.00	U20 MEN (3 to count)	17 to 19 on 31.8.17	7.9 km
14.00	SENIOR MEN (inc Vets, 6 to count)	20 or older on 31.8.17	11.9 km

**ALL ENTRIES FROM ATHLETES OF MEMBER CLUBS MUST BE MADE BY AN AUTHORISED CLUB OFFICIAL ON THE FORM ENCLOSED**

**PLEASE use a SEPARATE FORM for EACH RACE**

**An individual with county qualifications from a club outside Merseyside should send the completed form to the Championship Secretary at the email address - [mcsaa.mike@gmail.com](mailto:mcsaa.mike@gmail.com)**

**Clubs can run 2nd claim athletes if their 1st claim club is outside the county.**

**DATE's OF BIRTH and EA Registration Numbers MUST BE GIVEN**

**ATHLETES MUST BE REGISTERED and Paid their Affiliation fee to ENGLAND ATHLETICS**

**Please provide the address athlete's who you consider a possibility for selection for the County team in the Inter Counties.**

**Competitors may only compete in their own age group.**

**ANY NUMBER may be entered in EACH RACE and ALL may run**

**The ENTRY FEE is £4.00 per runner for the Senior Men and Women races and £3.00 per runner for U13 to U20 races**

**CHEQUES MADE OUT TO THE MERSEYSIDE COUNTY AA PLEASE**

**Entries by Sunday 31st December 2017 to the Championship Secretary, Mike Dooling MBE @ [mcsaa.mike@gmail.com](mailto:mcsaa.mike@gmail.com)**

**=>>>> !!!!!!! NO ENTRIES ON THE DAY !!!!!!! <<<<<**

**Entries will be acknowledged by email.**

**First 3 teams U17/U20 Women will be a combined team race**

**First 3 individuals and First 3 veterans in the age groups below**

**First individual from an unplaced club not receiving an individual medal.**

**There will be VETERANS AWARDS in the Senior events as follows:**

**First 3 x 35 - 44 , 45 - 54, 55 - 64 and 65 + Men and Women**

**NB - Veterans age categories MUST be given on the entry form to qualify for an award**

**NB Veterans will also qualify for individual awards**

**Club vests must be worn in all Championship races.**