



MERSEYSIDE COUNTY ATHLETIC ASSOCIATION
 President : Mr Bob Brimage (Wallasey AC)
26th ANNUAL CROSS COUNTRY CHAMPIONSHIPS
 Saturday, 5th January 2019 at Sherdley Park, St Helens



Under UKA Rules: Permit No – to be applied for

Under UKA rules

10.45 - Non-championship race (1.5km) for Merseyside Boys and Girls, 9 or 10 on the day.
 Medals to the first three Boys and Girls + 3 to count in each team - Entry fee £2 per athlete

11.00	U13 GIRLS	[4 to count]	11 or 12 on 31.8.18 or 11 on day	3km
11.20	U13 BOYS	[4 to count]	11 or 12 on 31.8.18 or 11 on day	3km
11.40	U15 GIRLS	[4 to count]	13 or 14 on 31.8.18	4km
12.00	U15 BOYS	[4 to count]	13 or 14 on 31.8.18	4km
12.20	U17/U20 WOMEN	[3 to count]	15 to 19 on 31.8.18	4.5km
12.50	U17 MEN	[3 to count]	15 or 16 on 31.8.18	4.5km
13.15	SENIOR WOMEN	[inc Vets, 4 to C]	20 or older on 31.8.18	8km
14.00	U20 MEN	[3 to count]	17 to 19 on 31.8.18	8km
14.00	SENIOR MEN	[inc Vets, 6 to C]	20 or older on 31.8.18	12km

PLEASE E-MAIL CLUB ENTRIES on the OFFICIAL ENTRY FORM , downloaded from the MCSAA website [merseysidecountyaa.org.uk] together with the payment slip directly to 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

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 or postal address [see below]

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 and £3.00 per runner U13 to U20's

NB Payment can be made by BACS or cheques can be made payable to MERSEYSIDE COUNTY AA

ALL ENTRIES by Sunday 30th December 2018 to the Championship Secretary,- Mike Dooling MBE

At mcsaa.mike@gmail.com or 19 Mooreway, Rainhill, Prescot, Mside L35 6PD

NB Competitors may only compete in their own age group

Club vests must be worn in all championships races

AWARDS - 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

NB1 - Veterans age categories MUST be given on the entry form to qualify for an award

NB2 - Veterans will also qualify for individual awards

⇒⇒⇒⇒ !!!!!!! NO ENTRIES ON THE DAY !!!!!!! ⇐⇐⇐⇐

NB Entries will be acknowledged by email.