



MERSEYSIDE COUNTY ATHLETIC ASSOCIATION

President: M Dooling MBE (LHAC)

27th ANNUAL CROSS COUNTRY CHAMPIONSHIPS

Saturday - 8th January 2022

Sherdley Park, St Helens

Under UKA Rules : Licence Number: CC2021/0189

10.45 - Non-championship race for Merseyside Boys and Girls, (Under 11 on 31.8.21) - 1.5km
Medals to the first three Boys and Girls and first three teams. - Entry Fee £1.00

11.00	U13 GIRLS (4 to count)	11 or 12 on 31.8.21	3 km
11.20	U13 BOYS (4 to count)	11 or 12 on 31.8.21	3 km
11.40	U15 GIRLS (4 to count)	13 or 14 on 31.8.21	4 km
12.00	U15 BOYS (4 to count)	13 or 14 on 31.8.21	4 km
12.20	U17/U20 WOMEN (3 to count)	15 to 19 on 31.8.21	4.5 km
12.50	U17 MEN (3 to count)	15 or 16 on 31.8.21	6 km
13.15	SEN WOMEN (inc Vets 4 to C)	20 or older on 31.8.21	8 km
14.00	U20 MEN (3 to count)	17 to 19 on 31.8.21	9 km
14.00	SEN MEN (inc Vets, 6 to count)	20 or older on 31.8.21	12 km

Individuals with county qualifications from a club outside Merseyside - Email - mcsaa.mike@gmail.com

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

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

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.

ENTRIES ON LINE ONLY

<https://www.race-results.co.uk/results/2022/merseyxc22e.php>

ENTRIES CLOSE – On Saturday 1st January 2022

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

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.