



# MERSEYSIDE COUNTY ATHLETIC ASSOCIATION

President: Ron Scott

## 31st ANNUAL CROSS COUNTRY CHAMPIONSHIPS

**Saturday 14th December 2024**

Arrowe Park, Wirral

(Toby Carvery end of park)

Under UKA Rules : Licence Number: CC2024/1372

**10.40am (Boys - Non-championship race (2km) for Merseyside Clubs - Boys who are 9, 10 on 31.8.24**  
**10.50am (Girls - Non-championship race (2km) for Merseyside Clubs - Girls who are 9, 10 on 31.8.24**  
**Medals to the first three Boys and Girls and first three teams (4 to count) - Entry Fee £3.00**  
**All U11 athletes must have county qualification**

11.00	U13 GIRLS (4 to count)	11 or 12 on 31.8.24	3.3 km
11.20	U13 BOYS (4 to count)	11 or 12 on 31.8.24	3.3 km
11.40	U15 GIRLS (4 to count)	13 or 14 on 31.8.24	4 km
12.00	U15 BOYS (4 to count)	13 or 14 on 31.8.24	4 km
12.20	U17/U20 WOMEN (3 to count)	15 to 19 on 31.8.24	4.5 km
12.50	U17 MEN (3 to count)	15 or 16 on 31.8.24	6.6 km
13.15	SEN WOMEN (inc Vets 4 to C)	20 or older on 31.8.24	8 km
14.00	U20 MEN (3 to count)	17 to 19 on 31.8.24	8 km
14.00	SEN MEN (inc Vets, 6 to count)	20 or older on 31.8.24	12 km

**Clubs can run 2nd claim athletes if their 1st claim club is outside the county. ATHLETES MUST BE REGISTERED / Paid their ENGLAND ATHLETICS Affiliation fee to enter, and have county qualification in all age groups inc U11's.**

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 £6.00 per runner for the Senior Men and Women races and £5.00 per runner for U13 to U20 races/ UI1 entry fees as above

## ENTRIES ON LINE ONLY – Sportsoft Race Results

**ENTRIES CLOSE – On Friday 6th December 2024**

⇒⇒⇒⇒ !!!!! 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.**



*All entrants shall be deemed to have made him/herself familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.*

*The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK.*