



CHESHIRE COUNTY ATHLETIC ASSOCIATION ANNUAL CROSS COUNTRY CHAMPIONSHIPS



Held under UKA rules for competition (Permit applied for)

Saturday 4th January 2025

Betley Court Farm, Betley, Crewe CW3 9BH

Race	Start time	Age Group	Distance (approx)	Laps
1	11:00	Under 11 M & F	1500m	1 small
2	11:20	Under 13 M & F	3000m	2 small
3	11:45	Under 15 M & F	4000m	1 small + 1 med
4	12:15	Under 17 M & F	5600m	1 med + 1 large
5	13:00	Under 20 + Senior + Vet F	6200m	2 large
6	14:00	Under 20 + Senior + Vet M	9300m	3 large

Eligibility: All competitors must have **either** been born within the 1974 Cheshire county boundaries (incl. Halton & Warrington) **or** have been resident in Cheshire for 9 months prior to the date of competition **AND must not** have competed in another county's champs since 1st Oct 2024.

Age Groups: Veterans: Age on race day

Under 11's - Competitors 9 years of age on 4th Jan 2025 or 10 years of age on 31st August 2024

Under 13's - Competitors 11 years on 4th Jan 2025 (EA registered) or 12 years on 31st August 2024

All other age groups: Age on 31st Aug 2024

Note that only those U20 athletes born in 2005 or later will be eligible to run the U20 race at the CAU Inter-County event.

Awards will be given to the first three individuals and club teams in each non-veteran age group, subject to entries.

Veteran awards will be given to the winner of each of the following age categories:

Male 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 & Over 75

Female 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 & Over 70

Teams: Senior men 6 to count; Vet men 4 to count; All other races 3 runners to count.

Veteran men and women can count towards both the senior and veteran teams.

Veteran teams comprise of athletes from any veteran age group.

All athletes (except race 1 (U11)) **must have an up-to-date England Athletics registration.**

All athletes (including race 1 (U/11)) **must be club members and run for their first claim club.**

Club vests must be worn.

Headphones must not be worn. (*This includes bone-conducting headphones.*)

Entry fee: Seniors/ Vets £9.00 per person. All others age groups (U11-U20) £6.00 per person (plus online booking fee).

Entries: Online only– follow the link:

<https://cheshireaa.niftyentries.com/Cheshire-Cross-Country-Championships2025>

Closing Date: Sunday 29 December 2024 (No late entries accepted)

Note: Full list of entries, course map, and location directions, will be published on www.CheshireAA.com after the closing date, and on the Cheshire County Athletics Association Facebook page.

Numbers to be collected on the day.

Note: All clubs are asked to provide 2 named helpers – course set-up, marshalling, course clear-up
Volunteers' names will be collected by email before the event