



CHESHIRE COUNTY ATHLETIC ASSOCIATION ANNUAL CROSS COUNTRY CHAMPIONSHIPS

Held under UKA rules for competition (Permit no. CC25/1751)



Saturday 3 January 2026

Kelsall Hill Equestrian Centre, Middlewich Rd, Kelsall CW6 0SR

Race	Start time	Age Group	Distance (approx)
1	11:00	Under 11 Boys & Girls	1500m
2	11:20	Under 13 Boys & Girls	3100m
3	11:45	Under 15 Boys & Girls	3600m
4	12:15	Under 17 Men & Women	5900m
5	13:00	Under 20 + Senior + Vet Women	7200m
6	14:00	Under 20 + Senior + Vet Men	9500m

Eligibility: All competitors must have **either** been born within the 1 April 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 championships since 1st Oct 2025.

Age Groups: Veterans: Age on race day

Under 11's - Competitors 9 years of age on 3rd Jan 2026 or 10 years of age on 31st August 2025

Under 13's - Competitors aged 11 or 12 years on 31st August 2025

All other age groups: Age on 31st Aug 2025

Note that only those U20 athletes born in 2006 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 in each non-veteran age group.

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: Awards to the first three teams in each non-veteran age group and first overall veteran 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 (plus online booking fee). 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-Championships-2026>

Closing Date: Sunday 28 December 2025 (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