

Cumbria Athletic Association

2017 Annual County Cross-Country Championships

Held under UKA Rules – UK Athletics Permit No 2017023

At Rickerby Park Carlisle on Saturday 7th January 2017

Timetable – Distances are Approximate

12.00	U11 Girls and Boys	1400m	13.05	U17 Men and U17 Women	5000m
12.15	U13 Girls and Boys	2500m	13.30	U20 & Senior Women	7500m
12.35	U15 Girls and Boys	3900m	13.30	U20 & Senior Men	9000m

Under 11s must be at least 9 years old on the day – other ages as on 01.09.2016. Medals will be awarded to the first 3 in each race and first team of three in each age category – subject to sufficient entries.

You can only compete in one category e.g. if you enter as an Under 20 you cannot run in the senior race

Entry Fees: Seniors and Under 20's - £5.50 - All other age groups - £3.00
Cheques made payable to Cumbria AA

Please note entries on the day will be accepted at £2 extra

Please Note: Pre-entries close on 24th December 2016 & that Club vests MUST be worn

Registration is at the venue on Championship Day – please bring your own pins.
Cheques / postal orders should be made payable to “Cumbria AA” and returned with completed entry form to –
CXCC 92 Blencathra Street, Keswick. CA12 4HY

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Entry Form for 2017 Cumbria XC Championships

Full Name _____ MALE / FEMALE

Date of Birth _____ County of Birth _____

Race Entered MALE / FEMALE U11 U13 U15 U17 U20 SENIOR

UKA Registration Number (mandatory) _____

A check will be made to ensure that entrants are currently registered - that is paid up with UKA until 01.04.17

Address _____

Telephone Number _____

Email Address _____

Your England Athletics Club _____

I apply to enter the 2017 Cumbria Cross-Country Championships and qualify by virtue of Birth or Residence (i.e. residence is minimum of nine months continuous residence prior to 7th January 2017. I am an amateur as defined by UKA Rules. **If selected I *do / *do not wish to represent Cumbria AA at the UK CAU Inter-County Championships being held on Saturday 13th March 2017 at Cofton Park Birmingham. You must enter the Cumbria AA County Championships to qualify for selection**

Signed _____ Date _____

Countersignature of parent _____ Date _____
if under 16