



Lancashire Athletic Association

# 2019 CROSS COUNTRY CHAMPIONSHIPS



Saturday 5th January—Witton Park, Blackburn

[www.lancsaa.co.uk](http://www.lancsaa.co.uk)

These Championships are open to all UKA registered athletes who have a Lancashire qualification. (Please see overleaf.)

UKA Permit number 2019011

Held under U.K Athletics/ECCA/L.A.A. Rules.

**ENTRY FEES** Age groups as at 31st August 2018 except Veterans—age on the day.  
Athletes must be 8 years or older

Pre entry before 17th December	£3.00	U11, U13, U15 & U17	Entry on day	£4.00
	£4.00	U20, Senior & Vets		£6.00

**MEDALS** Team medals will be awarded to all counters plus the next two non counting scorers

**U11, U13 & U15 BOYS & GIRLS** First 3 individuals First 3 teams (4 to score)

**U17 & U20 MEN & WOMEN & VETERAN WOMEN** First 3 individuals First 3 teams (3 to score)

**SEN WOMEN** First 3 individuals First 3 teams (4 to score)

**SENIOR MEN** FIRST 3 individuals First 3 teams (6 to score) U20S & Veterans will count

**VETERAN MEN** First 3 individuals First 3 teams (4 to score)

Individual veteran medals will be awarded in all 5 year age categories.

The senior women's and men's "Plate" is awarded to the best placed team who have finished outside of the first four and five teams respectively in the previous year.

Closing date **Monday 17th December 2018** On-line entry <https://www.race-results.co.uk/results/2019/>

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SURNAME..... FIRST NAME.....

ADDRESS.....

.....PHONE NUMBER.....

UKA LICENCE NUMBER..... CLUB.....

DATE OF BIRTH..... PLACE OF BIRTH.....

MALE/FEMALE..... AGE CATEGORY ENTERED(PLEASE STATE VET CATEGORY—5 YEAR AGE BANDS).....

SIGNED (If under 16 parent or Guardian to sign)..... DATE.....

I qualify to compete in the Lancashire Athletic Association 2019 County Cross Country Championships by virtue of:

Please tick appropriate box

Entries to: Steve Duxbury, "Greenville", 114, Haslingden Old Road, Rawtenstall, Lancashire. BB4 8SA

Cheques payable to Lancashire Athletic Association.

Please do not post in large envelope unless surcharge is paid. Numbers to be collected on day.

## LANCASHIRE COUNTY QUALIFICATION

County qualification may be acquired by birth or by nine month residence immediately prior to the competition or otherwise as defined in Rule 21 S 6 of the current UKA Rules for Competition.

Please note that entries from athletes from those parts of Greater Manchester and Merseyside, which had previously been part of Lancashire county prior to the boundary changes and administrative reforms in 1974, will not be accepted. If you have any doubts about your eligibility to compete in these championships please contact me before attempting to enter.

Steve Duxbury 01706 224377 stevedux@btinternet.com

## TIMETABLE

11.00	U11 Boys	1.8 Km		12.03	U15 Girls	3.8 Km
11.15	U11 Girls	1.8 Km		12.30	U17 Men & Women	5.6 K
11.30	U13 Boys	3 Km		13.00	U20, Senior & Vet. Women	6.7Km
11.33	U13 Girls	3 Km		14.00	U20, Senior & Vet. Men	9.8 Km
12.00	U15 Boys	3.8 Km			Club vests must be worn	

## UKA REGISTRATION OR LICENCE NUMBER

All athletes, other than U11s must include their licence number or their entry will not be accepted. If you are unsure of your number ask your Club Membership Secretary or go to:

<http://livemyathletics.uka.org.uk/LicenceCheck/>

## LANCASHIRE CROSS COUNTRY TEAM SELECTION

The first 6 finishers in the following races will qualify for automatic selection for the Inter Counties team to run at Prestwold Hall, Loughborough on Saturday 9th March 2019:

- U13 Boys & Girls, U15 Boys & Girls, U17 Men & Women with 2 other places to be decided at team manager's discretion.
- Senior Men & Women with 3 other places to be decided at team manager's discretion.

The first 4 finishers in the U20 Men's and Women's races will also have automatic selection with 4 other places to be decided at team manager's discretion. U20s seeking selection must be under 20 for the whole of the competition year ie age at midnight December 31st 2019.