

DERBYSHIRE ATHLETIC ASSOCIATION

CROSS COUNTRY CHAMPIONSHIPS 2009

(in association with Nottinghamshire A. A. A.)

to be held at Berry Hill Park, Mansfield, Saturday 10th January 2009.

CLOSING DATE FOR ALL ENTRIES WILL BE MONDAY 15th DECEMBER 2008

Absolutely No late entries will be accepted.

EVENTS

U11 Girls 1500mts (approx) 11.00am	U11 Boys 1500mts (approx) 11.15am
U13 Girls 3000mts (approx) 12.45pm	U13 Boys 3000mts (approx) 12.05pm
U15 Girls 4000mts (approx) 2.00pm	U15 Boys 4500mts (approx) 2.20pm
U17/U20 Women 5000mts (approx) 1.30pm	U17 Men 6000mts (approx) 11.30am
Senior/ Masters Women 8000mts (approx) 11.55am	U20/Senior/Mast. Men 10,000mts (approx) 12.35pm

AGE LIMITS

Under 11 Boys & Girls 9 and under 11 on the day (10.01.09)
Under 13 Boys & Girls 11 on the day, and under 13 on 1st September 2008
Under 15 Boys & Girls under 15 on 1st September 2008
Under 17 Men & Women under 17 on 1st September 2008
Under 20 Men & Women under 20 on 1st September 2008
Senior Men & Women 20 or over on 1st September 2008
Masters Men 40-49, 50-59, over 60 on the day of the race.
Masters Women 35-39, 40-49, over 50 on the day of the race

TEAMS

Under17/20 Women will be a combined team competition using any combination of runners (3 to score). There is no Under 20 Men's team competition, therefore, they will be entered as Senior team members. Three to score in all races except Senior Men, which will be five to score, and the Masters Men four to score, irrespective of individual age category. Masters Men and Women may score as a Senior team member but must declare their intentions at least 30 mins. before their event. No team entry fees - enter as individuals.
You MUST include your Membership No., if known, on the entry form

ENTRY FEES

Under 11, Under 13 £4.00. Under 15, Under 17 £4.50. (Others £5.00. Unaffiliated £2.00 extra)

(Cheques and postal orders made payable to Derbyshire Athletic Association, Derbyshire A.A or D.A.A.)

Entry fee includes the cost of a programme. Block entries to INCLUDE ALL the details required as on a single entry form for EACH individual (any entries NOT providing this information may be returned for completion).

All runners are to wear club/school, County, Area or International vests. Athletes wearing any other vest risk disqualification unless they have the Referee's permission.

Derbyshire medals will be awarded to the first three individuals in each race and age category. Medals will be awarded to the first three teams in each age group.

Runners must have been born in Derbyshire or, have been resident in the County for at least 9 months or, based in the County as a member of H. M. Forces before the date of the Championships. Runners are ineligible if they have competed in another County's Championships in the last 12 months.

Numbers and programme to be collected on the day. Check www.dcaa.org.uk for list of entries.

CLOSING DATE FOR ENTRIES : Monday 15th December 2008 to

Mick Bannon, 4 Devizes Close, Chesterfield, Derbyshire. S40 2UL. Tel. 01246 233851

ENTRY FORM

I declare that I am an amateur according to UK Athletics rules and have a County qualification by birth/residence/H. M. Forces (**delete as necessary**)

Name

Membership No.

Address

.....

Club/school Tel no. (include STD).....

Date of Birth..... Email

Age Group Girls/Boys/Women/Men

Entry fee enclosed £.....

BLOCK ENTRIES will only be accepted if they CONTAIN ALL the above details for each individual.

COLLECT NUMBERS AND PROGRAMME ON THE DAY

www.dcaa.org.uk