

Cumbria Athletic Association
2009 Annual County Cross-Country Championships

Held under UKA Rules

Permit No 0910057

At Hawcoat Park, Barrow-in-F

Sunday 13th December 2009

Timetable

12.00	U11 G/B 1400m (non-championship)	13.10	U17 Men and U17 Women 5000m
12.20	U13 Girls and Boys 2500m	13.30	U20, Senior & Master Women 7500m
12.40	U15 Girls and Boys 3900m	13.30	U20, Senior & Masters Men 9000m

u11/u13 must be at least 9-y-o/11-y-o on the day – Masters over 35 as 13.12.09 other ages as on 01.09.2008
Medals will be awarded to the first 3 in each race and first team (not u11) of three in each age category – subject to sufficient entries. There are no Masters Team awards but Masters count for the senior team.

You can only compete in one category e.g. if you enter as a senior you cannot count for Masters

Entry Fees: Masters, Seniors and Under 20's - £4.50 - All other age groups - £2.50
Unattached - Seniors & Masters - £6.50 Under 20's etc - £2.50
Cheques made payable to Cumbria AA

Please note entries on the day will be accepted at £2 extra – Event Programme on the day at £2.50

Please Note: Pre-entries close on 24th November 2009

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 2009 Cumbria XC Championships

Full Name _____ ***Male / *Female**

Date of Birth _____ **County of Birth** _____

Male or Female & Age Category - please enter _____

Address _____

Telephone Number _____

Email Address _____

Your England Athletics Club _____

Your England Athletics Registration Number _____

I apply to enter the 2009 Cumbria Cross-Country Championships and qualify by virtue of Birth or Residence (i.e. Residence is minimum of nine months continuous residence prior to 14th December 2008). 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 2010 in ?Birmingham.

You must enter the Cumbria Champs to qualify for selection

Team contact Noel Hakeman noelh@cybermoor.org.uk

Signed _____ **Date** _____

Countersignature of parent if under 16 _____ **Date** _____