



BROOKS STAFFORDSHIRE A.A.A. CROSS COUNTRY CHAMPIONSHIPS 2010

The Championships will be held at Parkhall Country Park, Stoke on Trent. ST3 5BH on Saturday 9th January 2010.

There are limited changing facilities and refreshments.

Programme of Events:

12.00 pm	U13 Girls	1.05 pm	U17 Women
12.00 pm	U13 Boy	1.05 pm	U17 Men
12.25 pm	U15 Girls	1.05 pm	U20 Senior and Veteran Women
12.25 pm	U15 Boys	1.45 pm	U20 Senior and Veteran Men

1. Eligibility (see UKA rule 9):

- a) Athletes who were born, or who have lived for the previous nine months, within the County boundaries (pre-1964), or who have previously acquired and exercised eligibility and not competed subsequently for another County
- b) U13, U15, U17 athletes, not otherwise eligible, provided that they both:
 - I. are members of an affiliated Club
 - II. have not competed in another County's Championship or Team in 2009.

Athletes allowed entry under b) will not be eligible for County Team selection, nor acquire County qualification for Staffordshire.

2. Anyone not eligible to represent their Club in Open Team Competition should enter on an individual form.

3. The Age Groups are defined as follows:

U13 Girls and Boys	Born	01.09.96	to	5.01.99
U15 Girls and Boys	Born	01.09.94	to	31.08.96
U17 Women and Men	Born	01.09.92	to	31.08.94
U20 Women and Men	Born	01.09.89	to	31.08.92
Senior Men and Women	Born on or before			31.08.89
Veteran Women	Born on or before			5.01.75
Veteran Men	Born on or before			5.01.70

All except Seniors must give date of birth to be eligible for Age Group medals.

4. U13 Girls and Boys will start together and run the same distance to a divided finish funnel.
U15 Girls and Boys will start together and run the same distance to a divided finish funnel.
U17 Men, U17 Women and U20/Senior/Veteran Women will start together, but run different distances to a divided finish funnel.
U20/Senior/Veteran men will run as one race.
5. Awards will be made to the first three in each race. Teams from affiliated clubs will be eligible for Team Awards, with three to count, except for Senior and Veteran Men, where six will count. U20 will count in the Open Team, as will Veterans. U20s and Veterans will receive Individual and Team Awards based on their position in the Open race.
6. Awards will be presented as soon as possible after each race.
7. Individual entry fees will be £1.50 for Seniors and Veterans, £1 for U20, U17, U15 and U13. There are no team entry fees.
8. Entries, together with the entry fees made payable to Staffs AAA and sent to:-
Ernie Johnson 237, Crewe Road, Sandbach, Cheshire CW11 4PZ
ENTRIES CLOSE Monday 28th December 2009.
Please enclose a 6 x 9 stamped addressed envelope if you wish to receive receipt or directions.
9. Numbers will be issued on the day. Except for individual entries, for each Club each Age Group will be issued as a batch to a Club representative.
10. Results will be available as complete sets by post.
11. **NO LATE ENTRIES WILL BE ACCEPTED.** Post before Christmas to be safe!