

Third South West Inter-County Cross Country Championships

Permit No. _____

Additional entries for County:

(Runners entered in Club teams do not require additional County entry)

Age Group:

Races

U13B, U15B, U17M, SM (inc. U20M, M40, 50, 60+)
U13G, U15G, U17W, SW (inc. U20W, W35, 45, 55+)

Race Timetable

12.40 U13G, 12.55 U13B, 13.10 U15G 13.28 U15B,
13.45 SM/U20M 14.10 SW/U20W 14.26 U17M 14.40 U17W

£2.50 for all Junior (U13/U15/U17) Athletes
£4.00 for U20, Seniors and Masters
Cheques Payable to "Midland Counties AA"

ENTRIES – COLLECT NUMBERS ON THE DAY

Awards

Medals to first 3 individuals in each age category and to all members of winning teams

Entry Qualification

* Qualification for entry: Either (a) Birth in Avon, Cornwall, Devon, Dorset, Gloucestershire, Somerset, or Wiltshire, or (b) 9 Months residence in the above counties, or (c) membership of HM Forces based in the above counties. Entry open to clubs and/or individuals. County teams by separate nomination. NOTE: Under 20's as at midnight 31st August 2009.

Vests: All County team members to wear County vest, all other athletes to wear club vests.

County Team Scoring

SM, SW - 6 to score per team. U20, U17, U15 & U13 – 4 to score per team. See separate sheet for notes on additional county entries and declarations.

Please Use One Entry Form Per Age Group

SOUTH WEST CROSS COUNTRY 2010 ENTRY FORM

Full Name	D.o.B.	Category	Club	County *	Entry Fee

* Please stipulate **County** and **Qualification (Birth / Residence / Forces)**. *** Please Photocopy form as necessary ***

I declare that the above named athletes are Amateurs according to the eligibility rules of UK Athletics, that they will abide by the UKA laws of competition and that they are qualified to take part in the Championships. I acknowledge that England Athletics, nor any club nor individual associated with the organisation of these races, shall not be liable to the participants for any loss, damage, or injury however caused arising out of or in the course of, or in connection with the holding of the event.

Signed _____ Contact Name _____ Telephone: _____

Address _____ Email _____

lease send entries To: Midland Counties AA, Alexander Stadium, Walsall Road, Birmingham, B42 2LR
email : athletics@mcaa.org.uk

Iso, enclose SAE with entry if directions / timetable are required. N.B. **See the Notes sheet for entry closing date.**

FOR ONLINE ENTRY GO TO <http://www.race-results.co.uk/results/2010/>

NO LATE ENTRIES see: www.englandathletics.org OR www.midlandathletics.org.uk for electronic copy of entry form

South West Championships – Bicton College 10th January 2010

COURSE MAP PROVIDED SEPARATELY

RACE TIMETABLE

12:40	U13G	2680m	Small + Medium		
12:55	U13B	2680m	Small + Medium		
13:10	U15G	3670m	2 x Small + Medium		
13:28	U15B	3670m	2 x Small + Medium	13.52	Presentations for U13G, U13B
13:45	SM	7590m	2 x Small + 2 x Large	14.12	Presentations for U15G, U15B
14:10	SW	5580m	2 x Large	15.00	Presentations for U20M, SM
14:26	U17M	5580m	2 x Large	15.30	Presentations for U20W, SW
14:40	U17W	4370m	Small + 2 x Medium	15.45	Presentations for U17M, U17W

DIRECTIONS

From the M5 take junction 30 signposted Exmouth, Sidmouth, Bicton Park. At the first roundabout take the road signposted Sidmouth/Bicton Park and stay on this road until you reach the village of Newon Poppleford. At the mini roundabout take the right hand turn to Budleigh Salterton and Bicton Park. After 2 miles, Bicton College will be found on the right hand side, just before Bicton Park. Proceed under the arch gatehouse and up the monkey puzzle avenue.

For those wanting to use Auto Route, the post code for Bicton College is EX9 7BY, Ordnance Survey SY 072 865

South West Inter-County Cross Country Championships 2010

NOTES FOR COUNTY TEAM MANAGERS

An Inter-County competition is being held this winter as part of the South West Cross Country Championships, in each of the ten age-groups, U13G, U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW and SM. Each county may declare a total of TEN runners in each of the age-groups. The Inter County team competition will be scored by summing the finishing positions of the county teams after all non-county runners in the South West Championships have been removed. The U13, U15, U17 and U20 age-groups will be 4 runners per team, while the senior races will be 6 runners per team. Please note that the U20 age-group is as per ECCU rules (age as per 31st August/1st September) rather than IAAF/UKA rules to fit in with the age-groups for the South West Championships.

To make things easier for the county team managers the closing date for additional county entries has been set later than for the individual/club entries (4 January 2010 as opposed to 18th December). This is so that we can distribute the county team managers with the complete entry lists – you will then be aware of who has entered themselves. The counties will be responsible for paying the entry fees for the remaining members of their team. It is up to you to decide if you want to claim it back from your runners! Any additional runners you declare on your county forms will also be eligible for both individual and club team prizes in the open event.

Finally, team declarations should be emailed to me by the Thursday before the event. You may declare any athlete eligible to represent your county, whether originally entered by club or county. All athletes representing their county should wear county kit. Limited changes may be made on the day, but NO new athletes may be entered.

Entry timeline for county team managers

- Friday 18th December - Entries close for club entries. County affiliation will have been indicated on club entries.
- Wednesday 23rd December - Entry lists emailed to all county team managers.
- Monday 4th January - Entries close for additional county entries.
- Thursday 7th January - County team managers email declarations to swxc@neilmiller.info. A total of 10 runners can be declared, drawn from all eligible entrants (whether originally entered by club or county). Any corrections should also be emailed to this address.

Many thanks for your co-operation,

Neil Miller

e-mail: swxc@neilmiller.info