

NOTTINGHAMSHIRE AAA CROSS COUNTRY CHAMPIONSHIPS 2008

(In association with DERBYSHIRE AAA)

To be held at MARKEATON PARK DERBY

Saturday 5th January 2008

CLOSING DATE FOR ENTRIES WILL BE MONDAY 10th December 2007

Absolutely NO late entries will be accepted

EVENTS

U13 Girls	3k approx	12.45	U13 Boys	3k approx	12.05
U15 Girls	4k approx	14.00	U15 Boys	4.5k approx	14.20
U17/U20 Women	5k approx	13.30	U17 Men	6k approx	11.30
Senior/Vet Women	8k approx	11.55	U20/Senior/Vet Men	10k approx	12.35

AGE LIMITS

Ages as at 1st September 2007

Under 13 Boys and Girls 11 on the day and Under 13 on 1st September 2007

Veteran Men 40-49, 50-59, Over 60 on the day of the race

Veteran Women 35-44, 45-54, Over 55 on the day of the race

TEAMS

This year a Veteran Women's team competition is being introduced (3 to score).

Under 17/20 women will be a combined team competition using any combination of runners (3 to score).

Senior Men which will be 6 to score, Veteran Men 4 to score, all others 3 to score.

There is NO Under 20 Men team competition.

Under 20 and Veteran Men may score in a Senior Men's team.

Teams will be scored using the first required number of athletes 6/4/3 to finish, B teams etc would score the next 6/4/3 whatever number required for that age group.

Veteran Men and Veteran Women teams must be declared ONLY if a club has a SENIOR MEN'S or SENIOR WOMEN'S team.

All numbers to be collected on the day. Check www.nottsaaa.org for list of entries.

ENTRY FEES

No team entry fees, enter as individuals, all entrants **£3-00** per individual

Cheques and Postal Orders made payable to NOTTINGHAMSHIRE AAA

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.

QUALIFICATION runners must have been born in Nottinghamshire or, have been a resident for at least 9 months

In the County prior to the day of the competition. Runners are ineligible if they have competed in another County

Championships or represented another County in the Year of competition.

Selection for the County team will be based mainly on these Championships.

Senior Men and Women the first 6 + 3 at the selector's discretion (9 to run)

All other age groups the first 7 +1 at the selector's discretion (8 to run)

CAU Championships are on Saturday 15th March 2008 at Wollaton Park NOTTINGHAM

Championship Secretary: Harold Billings

31 Overdale Avenue, Skegby, Sutton-in-Ashfield, Notts NG17 3ES

01623 464347 e-mail h.billings@ntlworld.com

