



CHESHIRE COUNTY ATHLETIC ASSOCIATION ANNUAL CROSS COUNTRY CHAMPIONSHIPS

Held under UKA rules for competition (Permit 2022**)



Saturday 8th January 2022

The Farm Club, Pickmere, Knutsford, WA16 0LG

Race	Start time	Age Group	Distance (approx)	Laps
1	11:00	Under 11 M & F	2000m	2 small
2	11:30	Under 13 M & F	2400m	1 large
3	12:00	Under 15 M & F	4300m	2 large
4	12:40	Under 17 M & F	4300m	2 large
5	13:30	Under 20 F	6200m	3 large
5	13:30	Senior F	6200m	3 large
6	14:15	Under 20 M	8100m	4 large
6	14:15	Senior M	8100m	4 large

NB: U20 F will run with Senior women in Race 5. U20 M will run with the Senior Men in race 6

Eligibility: All competitors must have **either** been born within the 1974 Cheshire county boundaries (incl. Halton & Warrington) **or** have been resident in Cheshire for 9 months prior to the date of competition **AND must not** have competed in another county's champs since 1st Oct 2021.

Age Groups: Veterans: Age on race day

Under 11's - Competitors 9 years of age on 8th Jan 2022 or 10 years of age on 31st August 2021

Under 13's - Competitors 11 years on 8th Jan 2022 (EA registered) or 12 years on 31st August 2021

All other age groups: Age on 31st Aug 2021

Note that only those U20 athletes born in 2002 or later will be eligible to run the U20 race at the CAU event. Any older U20's who wish to seek selection at the CAU event are advised to enter the senior race at the county champs.

Awards will be given to the first three individuals, and club teams in each age group, subject to entries.

Veteran awards will be given to the winner of each of the following age categories:

Male 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 & Over 75

Female 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 & Over 70

Teams: Senior men 6 to count; Vet men 4 to count; All other races 3 runners to count.

Veteran men and ladies can count towards both the senior and veteran teams.

All athletes (except race 1 (U11)) **must have an up-to-date England Athletics registration.**

All athletes (including race 1 (U11)) **must be club members and run for their first claim club.**

Club vests must be worn.

Headphones must not be worn. (*This includes bone-conducting headphones.*)

Entry fee: Seniors/ Vets £8.00 per person, Juniors (all others) £5.00 per person (plus online booking fee).

Note that it is cheaper per person to make a block entry than to enter individually.

Entries: Online only– follow the calendar link [SportSoft](#) .

Closing Date: Saturday 1st January 2022 (**No late entries accepted**)

Note: Full list of entries, course map, and location directions, will be published on www.CheshireAA.com after the closing date, and on the Cheshire County Athletics Association Facebook page.

Numbers to be collected on the day.

Cheshire XC Champs 2022 Pickmere Large Lap (excl start/finish) – 1.9 km



Cheshire XC Champs 2022 Pickmere Small Lap –1.01 km



Cheshire XC 2022 Pickmere Start & Finish to first gate – 0.5km



Start, Finish, Warm up and Holding Area

