

BUCKINGHAMSHIRE ATHLETIC ASSOCIATION

The Buckinghamshire AA will promote the joint 2010 County Cross Country Championships, including the Bedfordshire AAA Championships.

**HUGHENDEN PARK, HIGH WYCOMBE
SATURDAY 9th JANUARY 2010**

12.00 noon	UNDER 13 GIRLS Approx 3km	<i>(born between 1.9.96 and 9.1.99)</i> Teams: 3 to score
12.15 pm	UNDER 13 BOYS Approx 3km	<i>(born between 1.9.96 and 9.1.99)</i> Teams: 4 to score
12.30 pm	UNDER 15 GIRLS Approx 4.km	<i>(born between 1.9.94 and 31.8.96)</i> Teams: 3 to score
12.45 pm	UNDER 15 BOYS Approx 4.km	<i>(born between 1.9.94 and 31.8.96)</i> Teams: 4 to score
1.05 pm	UNDER 17 WOMEN Combined with UNDER 20 WOMEN Approx 5km	<i>(born between 1.9.92 and 31.8.94)</i> <i>(under 20 on 31.12.10)</i> Teams: 3 to score
1.30 pm	UNDER 17 MEN Approx 6km	<i>(born between 1.9.92 and 31.8.94)</i> Teams: 4 to score
1.55 pm	SENIOR WOMEN Combined with VETERAN WOMEN Approx 6km	<i>(Over 35, Over 45 and Over 55 on 9.1.10)</i> Combined teams: 3 to score Vet teams: 3 to score
2.30 pm	UNDER 20 MEN Approx 9km VETERAN MEN 60 & 70 Approx 4km SENIOR MEN Combined with VETERAN MEN Approx 13km	<i>(Under 20 on 31.12.10)</i> Teams: 4 to score <i>(Over 60 and Over 70 on 9.1.10)</i> <i>(Over 40 and Over 50 on 9.1.10)</i> Combined teams: 6 to score Vet teams: 4 to score

Under 13 Girls and Under 13 Boys must be 11 years old on the day of competition.

In Under 13, 15, 17 age groups, gold, silver and bronze medals will be awarded in all events.

In all other age groups gold medals will be awarded to all winners. Silver medals will be presented if there are between 6 and 9 entries in the programme, and bronze will be awarded if there are 10 or more entries on the programme.

The course consists of fields which are used by livestock, therefore athletes should have up to date tetanus vaccinations.

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ENTRIES CLOSE ON TUESDAY 22nd DECEMBER 2009 and should be sent to:

D. Smith, 12 Wren Road, Prestwood, Bucks HP16 0SB

Entry fee is £5 per person

**NO LATE ENTRIES WILL BE ACCEPTED – ONLY ENTRIES WITH A STAMPED
ADDRESSED ENVELOPE WILL BE ACKNOWLEDGED.**

Incorrect postage may result in your entry not being received.

**ALL DETAILS ON THE ENTRY FORM MUST BE COMPLETED
PLEASE USE A SEPARATE ENTRY FORM FOR EACH SEX / AGE GROUP**

BUCKINGHAMSHIRE ATHLETIC ASSOCIATION

County Cross Country Championships
9 January 2010 Hughenden Park, High Wycombe

ENTRY FORM

Please circle sex/age group as appropriate

U13 GIRLS U15 GIRLS U17 WOMEN U20 WOMEN SEN WOMEN VET WOMEN 35+ VET WOMEN 45+ VET WOMAN 55+

U13 BOYS U15 BOYS U17 MEN U20 MEN SEN MEN VET MEN 40+ VET MEN 50+ VET MEN 60+ VET MEN 70+

IMPORTANT – only one sex / age group on each form

ELIGIBILITY

Athletes must either have been born in the county (B) or have been resident in the county for at least 9 months (R)

CLUB/SCHOOL:					
FULL NAME	ADDRESS	TELEPHONE	D. O. B.	E.A. REG NO	R or B

DECLARATION *I declare that all the information is correct and that the athletes are amateurs as defined by UK Athletics and are eligible to compete in the County Championship.*

SignedTeam Manager/Secretary/Athlete

Print nameTelephone No. Club

ENTRY FEE ENCLOSED £5 per athlete. Cheques payable to Buckinghamshire Athletic Association with a S.A.E. if acknowledgement is required. Please do not send cash.

Send to: D. Smith, 12 Wren Road, Prestwood, Bucks HP16 0SB

Entries close 22 December 2009