**HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS - CROSS COUNTRY CHAMPSHIONSHIPS- ENTRY FORM**

**CASSIOBURY PARK, WATFORD on Sunday 7th January** **2018**

#### CLUB ………………………… Age Groups – under 11/under 13/under 15/under 17/under 20/Senior MALE/FEMALE

*delete as necessary and use a separate form for each age-group and gender*

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| --- | --- | --- | --- | --- | --- | --- |
| **FIRST NAME** | **SURNAME** | **ENGLAND ATHLETICS REGISTRATION NO.** | **Email** | **TEL NO** | **DOB**  **(not Senior)** | **QUAL (birth or residence)** |
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TEAM MANAGER Name ……………………………………………….. Tel No ………………………. Email ……………………….

Address ………………………………………………………………………………… Postcode ……………………

Name of Marshal(s) ……………………………………………………………………………………………………………………………

Entries to Sally Gandee, 4 Westfield Road, Hertford, SG14 3DJ - (01992 582208)

enclosing cheques for entry fees (£5 per athlete and payable **to Hertfordshire Association of Athletic & Running Clubs**) together with 1st class stamped, self addressed A5 envelope for acknowledgement, directions and final timetable. BACS transfer can be made instead to AC no 23512223 sort code 20-91-79 with details of sender

### CLOSING DATE – MONDAY 11th DECEMBER 2017

## HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

## President - Mr Brian Fowler

CROSS COUNTRY CHAMPIONSHIPS 2018(under UKA rules)

at CASSIOBURY PARK, WATFORD

SUNDAY 7th JANUARY starting at 11 am

##### ENTRIES

Entries close on 11th December 2017

ENTRY FEE £5 per runner (no team fee).

###### TEAMS

Senior Men 6 to score

Senior Women 4 to score

All other age groups 3 to score

All entries to

Mrs S Gandee 4 Westfield Road, Hertford, Herts, SG14 3DJ (01992-582208)

sally@gandee.org.uk

Cheques to be made payable to HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS - please enclose a 1st class stamped, self-addressed A5 envelope if you want an acknowledgement, directions and final timetable. These will be sent out after entries close on December 11th. The information will also be posted on the County website.

BACS transfer can be made instead to Hertfordshire Association of Athletic & Running Clubs AC no 23512223 sort code 20-91-79 with details of sender/individual.

**AGE GROUPS**

Under 11 9 or 10 years old on 31.8.17

Under 13 11 or 12 years old on 31.8.17

Under 15 13 or 14 years old on 31.8.17

Under 17 15 or 16 years old on 31.8.17

Under 20 17,18,19 years old on 31.8.17

Senior 20 years and older on 31.8.17

PROVISIONAL TIMETABLE (with approximate distances)

**11.00am U/11 GIRLS 1500m**

**11.10am U/11 BOYS 1500m**

**11.20am U/13 GIRLS 3000m**

**11.30am U/13 BOYS 3000m**

**11.45am U/15 GIRLS 4500m**

**U/15 BOYS 4500m**

**12.05pm U/17 WOMEN 6000m**

**U/20 WOMEN 6000m**

**U/17 MEN 6000m**

**12.30pm U/20 MEN 8000m**

**SEN WOMEN 8000m**

**1.15pm SEN MEN 12000m**

# **RULES**

No competitor may be entered in more than one County's championships - qualification is by birth or residence (UKA Rule 21 S6 applies). Only HCAAA affiliated clubs and schools will be eligible for team medals.

# **NUMBERS**

# Numbers to be collected from race HQ

# **MEDALS**

Medals will be awarded to the first 3 individuals in each age group and to the first 3 teams eligible in each age group.

# **COURSE MARSHALS**

***These officials are vital for the successful staging of these Championships -* each Club should provide two people to do this job on the day. Those Clubs that do not provide this support should send £10 for each Marshal not provided to defray the expenses of others who may have to be recruited. Clubs already providing two or more appointed officials are excused from providing marshals – unless, of course, they have volunteers willing to add to the ranks!!**

# **COUNTY TEAMS**

**County Team Managers will be handing out letters to selected athletes for possible inclusion in the County's teams at the CAU meeting at Prestwold Hall, Loughborough on March 10th 2018 - the first twelve finishers in all races (except the under 11s) should contact County Team Managers immediately after their race and return their letters**

**TEAM MANAGERS**

**Women (all ages) DEBORAH STEER**

**Senior, U20 Men ANDREW CUNNINGHAM**

**U13 & U15 Boys & U17 Men** **SIMON DOYLE**