



HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

**CROSS COUNTRY CHAMPIONSHIPS 2012**

(under UKA rules)

at FAIRLANDS VALLEY PARK, STEVENAGE

SUNDAY 8th JANUARY starting at 11 am

**ENTRIES**

**Entries close on 19th December 2011**

ENTRY FEE            £4.00 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 HERTS COUNTY AAA - please enclose a 1st class stamped, self-addressed A5 envelope for acknowledgement, directions and final timetable. These will be sent out in the week beginning December 19th

## **AGE GROUPS**

Under 11	9 or 10 years old on 31.8.11	(birth dates 1.9.00 to 31.8.02)
Under 13	11 or 12 years old on 31.8.11	(birth dates 1.9.98 to 31.8.00)
Under 15	13 or 14 years old on 31.8.11	(birth dates 1.9.96 to 31.8.98)
Under 17	15 or 16 years old on 31.8.11	(birth dates 1.9.94 to 31.8.96)
Under 20	17,18,19 years old on 31.8.11	(birth dates 1.9.91 to 31.8.94)
Senior	20 years and older on 31.8.11	(birth dates on or before 31.8.91)

## **PROVISIONAL TIMETABLE (with approximate distances)**

<b>11.00am</b>	<b>U/11 GIRLS</b>	<b>1500m</b>
<b>11.10am</b>	<b>U/11 BOYS</b>	<b>1500m</b>
<b>11.20am</b>	<b>U/13 GIRLS</b>	<b>3000m</b>
<b>11.30am</b>	<b>U/13 BOYS</b>	<b>3000m</b>
<b>11.45am</b>	<b>U/15 GIRLS</b>	<b>4500m</b>
	<b>U/15 BOYS</b>	<b>4500m</b>
<b>12.05pm</b>	<b>U/17 WOMEN</b>	<b>6000m</b>
	<b>U/20 WOMEN</b>	<b>6000m</b>
	<b>U/17 MEN</b>	<b>6000m</b>
<b>12.30pm</b>	<b>U/20 MEN</b>	<b>8000m</b>
	<b>SEN WOMEN</b>	<b>8000m</b>
<b>1.15pm</b>	<b>SEN MEN</b>	<b>12000m</b>

## **RULES**

No competitor may be entered in more than one County's championships - qualification is by birth or residence (UKA Rule 9 (2) applies). The nine-month rule can be waived for men and women under 17 years on 1.9.2011 provided that they have not competed for another county since 1.10.2011. Only HCAAA affiliated clubs and schools will be eligible for team medals.

## **NUMBERS**

Numbers to be collected from Start/Finish area.

## **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 Birmingham on March 10th 2012 - the first twelve finishers in all races (except the under 11s) should contact County Team Managers immediately after their race.

## **TEAM MANAGERS**

<b>Women (all ages)</b>	<b>SALLY STEVENS</b>
<b>Senior Men, U20M</b>	<b>to be appointed</b>
<b>U13B, U15B &amp; U17M</b>	<b>SIMON DOYLE</b>