

# Cumbria Athletic Association

## 2020 Annual County Cross-Country Championships

*Held under UKA Rules – UK Athletics Permit applied for*

**At Hunter Hall, Penrith. CA11 8UA, Saturday, 4<sup>th</sup> January 2020**

### Timetable – Distances are Approximate

12.00	U11 Girls and Boys	1400m	13.05	U17 Men and U17 Women	5000m
12.15	U13 Girls and Boys	2500m	13.30	U20 & Senior Women	7500m
12.35	U15 Girls and Boys	3900m	13.30	U20 & Senior Men	10000m

Under 11s must be at least 9 years old on the day – other ages as on 01.09.2017. Medals will be awarded to the first 3 in each race and first team of three in each age category – subject to sufficient entries.

**You can only compete in one category e.g. if you enter as an Under 20 you cannot run in the senior race**

**Entry Fees: Seniors and Under 20's - £6.00 - All other age groups - £3.50**  
**Cheques made payable to Cumbria AA**

**Please Note: Pre-entries close on 23<sup>rd</sup> December 2019 & that Club vests MUST be worn**  
**Entries on the day will be accepted at £2 extra**

Registration is at the venue on Championship Day – please bring your own pins.  
Cheques / postal orders should be made payable to "Cumbria AA" and returned with completed entry form to –  
**CXCC 92 Blencathra Street, Keswick. CA12 4HY**

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### **Entry Form for 2020 Cumbria XC Championships on 4<sup>th</sup> January 2020**

**Full Name** ..... **MALE / FEMALE**

**Date of Birth** ..... **County of Birth** .....

**Race Entered** ..... **MALE / FEMALE**

**UKA Registration Number (mandatory)** .....

**A check will be made to ensure that entrants are currently registered - that is paid up with UKA**

**Address** .....

**Telephone Number** ..... **Email Address** .....

**Registered Athletics Club** .....

I declare that I am qualified to compete in the Cumbria Cross Country Championships. I am an Amateur as defined by U.K.A. Rules and you agree that you may publish my Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category." I am available to compete in the Inter-County Cross Country Championships on 7<sup>th</sup> March 2019.

Signed .....

Date .....

Signature .....

Date .....

Of parent or guardian if under 18