

South West Cross Country Championships

Incorporating the South West Inter-County Championships

First Race 12:40 U13G

Permit No. _____

Races

U13B, U15B, U17M, SM (inc. U20M, M40, 50, 60+)
U13G, U15G, U17W, SW (inc. U20W, W35, 45, 55+)

Race Timetable

12.40 U13G 12.55 U13B 13.10 U15G 13.28 U15B
13.45 SM/U20M 14.10 SW/U20W 14.26 U17M 14.40 U17W

£2.50 for all Junior (U13/U15/U17) Athletes
£4.00 for U20, Seniors and Masters
Cheques Payable to "Midland Counties AA"

ENTRIES – COLLECT NUMBERS ON THE DAY

Awards

Medals to first 3 individuals in each age category
and to all members of winning teams.

Entry Qualification

* Qualification for entry: Either (a) Birth in Avon, Cornwall, Devon, Dorset, Gloucestershire, Somerset, or Wiltshire, or (b) 9 Months residence in the above counties, or (c) membership of HM Forces based in the above counties. Entry open to clubs and/or individuals. County teams by separate nomination.
NOTE: Under 20's as at midnight 31st August 2009.

Vests: All County team members to wear County vest, all other athletes to wear Club vests.

Teams Scoring – Club Competition Only

SM - 5 to score per team. All other races - 4 to score per team. No separate team for U20W, U20M and Masters. First claim only.

-- Runners included in County teams can also score for clubs --

Please Use One Entry Form Per Age Group

SOUTH WEST CROSS COUNTRY 2010 ENTRY FORM

Full Name	D.o.B.	Category	Club	County *	Entry Fee

* Please stipulate **County** and **Qualification** (Birth / Residence / Forces). *** Please Photocopy form as necessary ***

I declare that the above named athletes are Amateurs according to the eligibility rules of UK Athletics, that they will abide by the UKA laws of competition and that they are qualified to take part in the Championships. I acknowledge that England Athletics, nor any club nor individual associated with the organisation of these races, shall not be liable to the participants for any loss, damage, or injury however caused arising out of or in the course of, or in connection with the holding of the event.

Signed _____ Contact Name _____ Telephone: _____

Address _____ Email _____

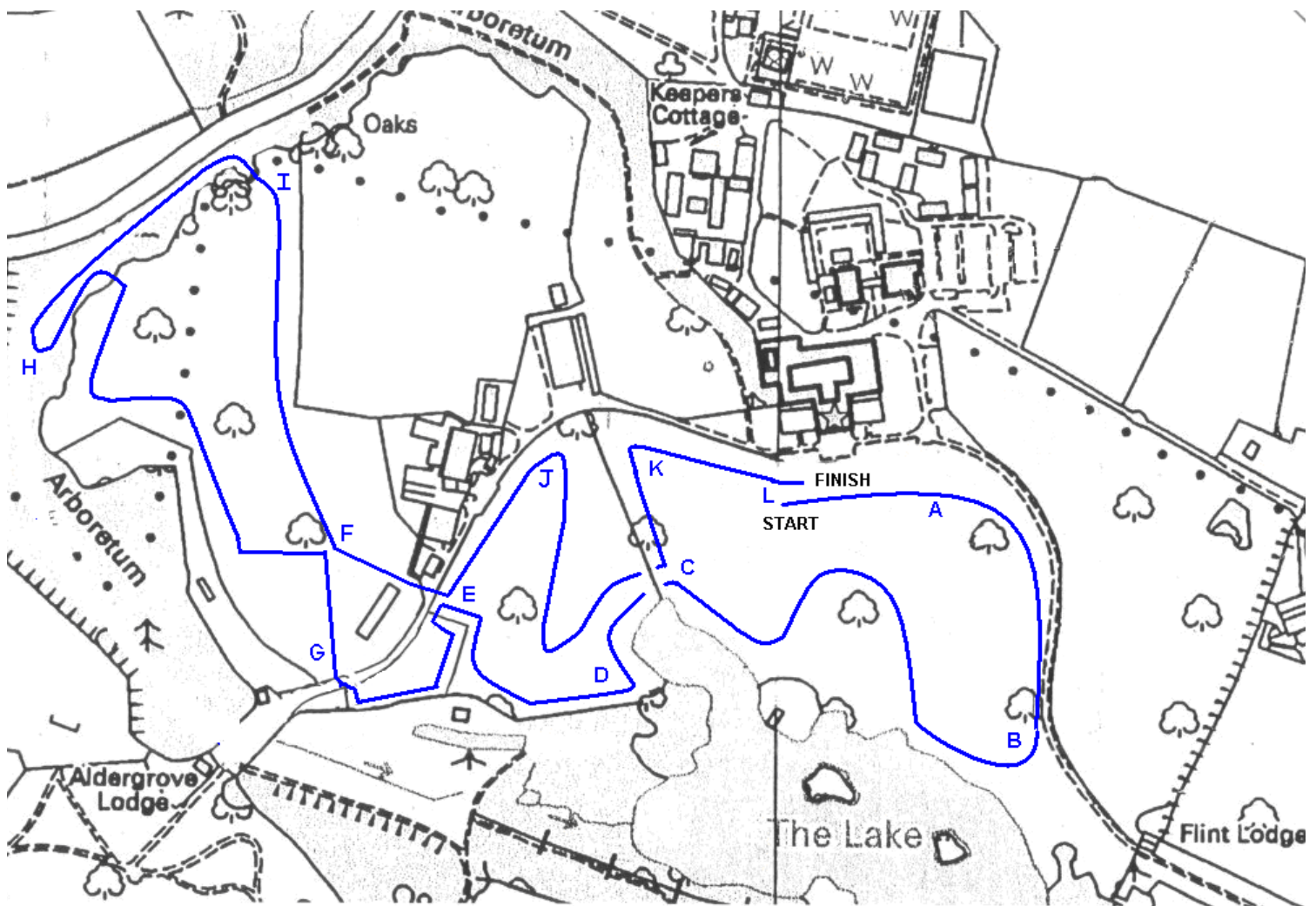
Please send entries To: Midland Counties AA, Alexander Stadium, Walsall Road, Birmingham, B42 2LR

email: athletics@mcaa.org.uk

Also, enclose SAE with entry if directions / timetable are required. N.B. **Entry closing Date: 18 December 2009**

FOR ONLINE ENTRY GO TO <http://www.race-results.co.uk/results/2010/>

South West Championships – Bicton College 10th January 2010



Small Lap	A-B-C-K-L	990m
Medium Lap	A-B-C-D-E-J-C-K-L	1690m
Large Lap	A-B-C-D-E-G-H-I-F-E-J-C-K-L	2790m

RACE TIMETABLE

12:40	U13G	2680m	Small + Medium		
12:55	U13B	2680m	Small + Medium		
13:10	U15G	3670m	2 x Small + Medium		
13:28	U15B	3670m	2 x Small + Medium	13.52	Presentations for U13G, U13B
13:45	SM	7590m	2 x Small + 2 x Large	14.12	Presentations for U15G, U15B
14:10	SW	5580m	2 x Large	15.00	Presentations for U20M, SM
14:26	U17M	5580m	2 x Large	15.30	Presentations for U20W, SW
14:40	U17W	4370m	Small + 2 x Medium	15.45	Presentations for U17M, U17W

DIRECTIONS

From the M5 take junction 30 signposted Exmouth, Sidmouth, Bicton Park. At the first roundabout take the road signposted Sidmouth/Bicton Park and stay on this road until you reach the village of Newon Popleford. At the mini roundabout take the right hand turn to Budleigh Salterton and Bicton Park. After 2 miles, Bicton College will be found on the right hand side, just before Bicton Park. Proceed under the arch gatehouse and up the monkey puzzle avenue.

or those wanting to use Auto Route, the post code for Bicton College is EX9 7BY, Ordnance Survey SY 072 865