



Sunday 9<sup>th</sup> January 2011  
Bicton College, Exmouth, East Devon



# South West Cross Country Championships

## Incorporating the South West Inter-County Championships

**First Race 12:30 U13G**

Permit No. 172:10

### Races

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

£2.50 for all Junior (U13/U15/U17) Athletes  
£4.50 for U20, Seniors and Veterans  
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.

Please Use One Entry Form Per Age Group

*– In the event of cancellation, only 50% refund of entry fees can be given –*

### 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 is open to clubs, schools and/or individuals. County teams by separate nomination. Under 20's as at midnight 31<sup>st</sup> August 2010.

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

### Team Scoring – Club Competition

SM - 5 to score per team. All other races - 4 to score per team. No separate team for U20W, U20M and Vets. First claim only. School teams cannot include club team members.

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

## SOUTH WEST CROSS COUNTRY 2011 ENTRY FORM

Full Name	D.o.B.	Category	Club	* County	** EA Registration

\* Important: Specify **County** and **Qualification (Birth/Residence/Forces)** to be eligible for county selection

\*\* All entrants must supply England Athletics Registration Number (excluding school teams)

*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 \_\_\_\_\_

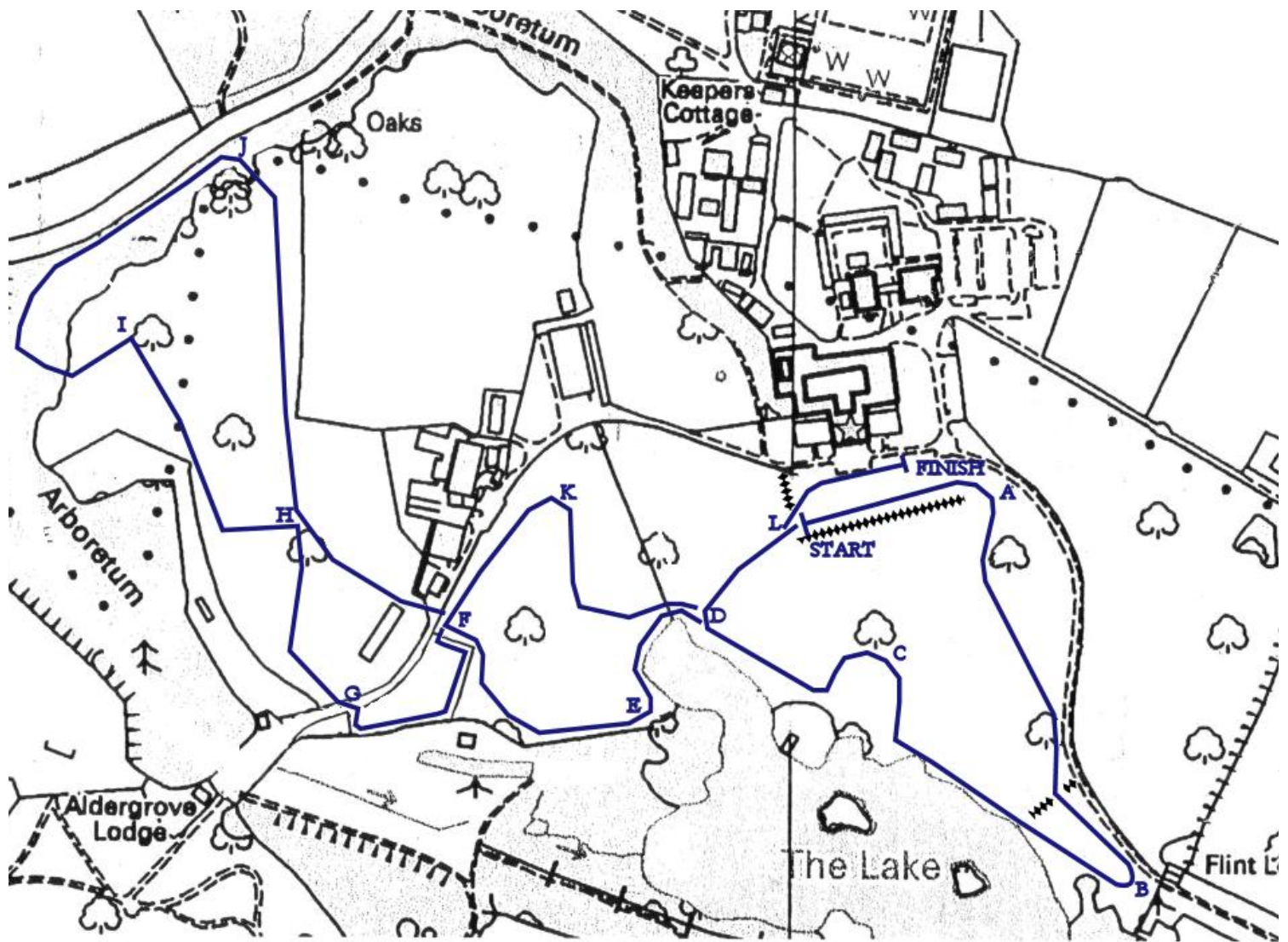
**Please send entries To:** Midland Counties AA, Alexander Stadium, Walsall Road, Birmingham, B42 2LR  
email: [athletics@mcaa.org.uk](mailto:athletics@mcaa.org.uk)

Iso, enclose SAE with entry if directions / timetable are required. N.B. **Entry closing Date: 15<sup>th</sup> December 2010**

**FOR ONLINE ENTRY GO TO <http://www.race-results.co.uk/results/2011/>**

**NO LATE ENTRIES** see: [www.EnglandAthletics.org](http://www.EnglandAthletics.org) OR [www.midlandathletics.org.uk](http://www.midlandathletics.org.uk) for electronic copy of entry form

# South West XC Championships – Bickton College 9<sup>th</sup> January 2011



Small Lap	A-B-C-D-L	920m
Medium Lap	A-B-C-D-E-F-K-D-L	1540m
Large Lap	A-B-C-D-E-F-G-H-I-J-H-F-K-D-L	2750m
Finishing Straight		+50m

## TIMETABLE

12:30	U13G	3080m	2 x Medium		
12:45	U13B	3080m	2 x Medium		
13:00	U15G	3720m	Small + Large		
13:20	U15B	3720m	Small + Large	13.50	Presentations for U13G, U13B
13:40	SM + U20M	8010m	Small + Medium + 2 x Large	14.10	Presentations for U15xG, U15B
14:05	SW + U20W	5550m	2 x Large	15.00	Presentations for U20M, SM
14:20	U17M	5550m	2 x Large	15.30	Presentations for U20W, SW
14:40	U17W	4340m	Medium + Large	15.45	Presentations for U17M, U17W

## DIRECTIONS

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

The post code for Bickton College is EX9 7BY, Grid Reference SY 072 865

## South West Cross Country Championships Bicton College, Exmouth, Devon Sunday, 9 January 2011

First race: Under 13 girls at 12.30pm  
Fees: £ 2.50-Under 13s, 15s & 17s  
£ 4.50- Under 20s, Seniors, Veterans

This event draws runners from across the South West, and incorporates an inter-county event (Avon, Cornwall, Devon, Dorset, Gloucestershire, Somerset and Wiltshire) as well as club team championships. Aiming to be complementary to the Midland and Southern Counties cross-country championships, this event is particularly popular with runners from the more geographically remote parts of the South West.



In recent years, the South West Cross-Country Championships has settled on Bicton Agricultural College, near Exmouth. With rolling hills and an ornamental lake as a backdrop, this provides a scenic as well as a tough challenge. Race lengths are slightly short of the major championship distances, in recognition of the terrain and the fact that, for most participants, this is the first race following the Christmas break.



School and college teams and individuals are welcome. However, since this is principally a club championship event, school and college aged athletes who are members of a club team should be entered by, and compete for their club.

The format accommodates both club and county championships and for many youngsters this will be their first experience of an inter-county event. However the relative informality compared to the UK and Schools Championships provides a great way of introducing new athletes to a higher standard of competition.



### Want to enter ?

You can download a form from  
[www.englандаthletics.org](http://www.englандаthletics.org) OR  
[www.midlandathletics.org.uk](http://www.midlandathletics.org.uk) OR  
enter online at  
[www.race-results.co.uk/results/2011/](http://www.race-results.co.uk/results/2011/)

