

**DORSET COUNTY ATHLETIC ASSOCIATION**  
**CROSS COUNTRY CHAMPIONSHIPS**  
**Organised by Poole Athletic Club**

**VENUE: Learoyd Road, Canford Heath, Poole BH17 8PJ**

**DATE: Saturday 11<sup>th</sup> December 2010**

<b><u>Planned Event time</u></b>	<b><u>Age Groups</u></b>	<b><u>Approx Distances</u></b>
1.00pm	U20 (junior) Men	8.2k
1.00pm	Senior Men	10.7k
1.00pm	Veteran men (O40)	10.7k
1.40pm	U20 (junior) Women	5.7k
1.40pm	Senior Women	8.2k
1.40pm	Veteran Women (O35)	8.2k
2.30pm - Presentation of senior medals		
2.35pm	U13 Girls	3k
2.45pm	U13 Boys	3k
2.55pm	U15 Girls	4k
3.10pm	U15 Boys	4.7k
3.15pm	U17 Women	4.7k
3.25pm	U17 Men	5.7k
4.00pm - Presentation of U13 to U17 medals		

The course is on parkland and is suitable for spikes, but crosses short areas of hard surface.

**MEN:** The Senior and Veterans' events will be run as one race and they will score together for the Senior team awards. The Junior Men's event will start with the Senior and Veteran Men's races but is a shorter distance (8k).

**WOMEN:** The Junior Women will start with the Senior and Veterans' events but is a shorter distance (5k). Senior and Vets Teams for both Men's Women will score together for the Senior Team Award.

**INDIVIDUAL AWARDS:** Medals will be awarded to the 1<sup>st</sup> 3 in above age groups, plus Veteran Men 50 and over and Veteran Women 45 and over.

There will be limited changing facilities but toilets, refreshments facilities and the presentations will take place at The Limelights club adjacent to the start and finish area.

**ENTRY FEE: £2 PER COMPETITOR (CHEQUES PAYABLE TO DCAA)**

**COLLECT RACE NUMBER AT REGISTRATION**

**CLOSING DATE: FRIDAY 10<sup>TH</sup> DECEMBER (ENTRIES £5 ON THE DAY)**

**ENTRY FORMS BY POST (PTO) WITH ENTRY FEES TO:**

JANE BURRY  
6 BADBURY VIEW  
WIMBORNE  
DORSET  
BH21 1DH

OR EMAIL YOUR ENTRY TO: [jeburry@tiscali.co.uk](mailto:jeburry@tiscali.co.uk) - (PAY £2 ON THE DAY)

**DCAA CHAMPIONSHIP ENTRY CRITERIA**

1. To compete in the DCAA Championships competitors must:
  - A. have been born in the County
  - OR B. have lived continuously in Dorset for at least 9 months preceding the event
  - OR C. be a student in residence at a School, College or University in Dorset
  - OR D. have been serving in a unit of H.M. forces stationed in Dorset for at least nine months preceding the event.  
 (Note: boarding school and service unit athletes are requested to indicate their Home Address County on the entry form as only those athletes who are resident in Dorset are eligible to compete for the County) If you are unsure of your eligibility please contact the Championship Secretary.
  - E. not have competed in the championships of, or represented at Inter-County Championships, a county other than Dorset since 1<sup>st</sup> October 2009
2. A competitor may only compete in one age group and in combined events will only be eligible for an award in the age group in which he or she is entered. The Junior and Veteran Women's races are combined for the Senior Women's Team. The Veteran and Senior Men's races are combined for the Senior Men's Team.
3. **Guest Competitors:** entry at the discretion of the Championship Secretary
4. **Club/School Colours** must be worn.
5. If you require confirmation of receipt of your entry and/or directions to the course, please enclose a **Stamped Address Envelope**

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**ENTRY FORM (PTO FOR ENTRY FEE DETAILS)**

.... **MALE**                      .... **FEMALE (please tick)**

**AGE GROUPS: ON 31<sup>ST</sup> August 2010 unless otherwise stated**  
**(PLEASE TICK APPROPRIATE AGE GROUP)**

- |                            |  |
|----------------------------|--|
| .... U13 Boys and Girls:   | 11 on day of race or 12 on 31 Aug 10   |
| .... U15 Boys and Girls:   | 13 or 14 on 31 Aug 10  |
| .... U17 Men and Women:    | 15 or 16 31 Aug 10   |
| .... U20 Men and Women:    | 17 or over 31 <sup>st</sup> Aug 10 but under 20 on 31 <sup>st</sup> Dec 2011 |
| .... Senior Men and Women: | 20 or over on 31 <sup>st</sup> Dec 2011                                      |
| .... Veteran men:          | 35 or over on day of race  |
| .... Veteran Women:        | 35 years or over on day of race  |

Full Name .....

Home Address.....(Block letters)

Tel no:..... email:.....

Date of Birth.....Place of Birth.....

OR I have lived in Dorset since:.....

Club/School/service unit:.....

Signed.....Date:.....