

# GREATER MANCHESTER ATHLETIC ASSOCIATION

## ANNUAL CROSS COUNTRY CHAMPIONSHIPS

(Under UKA Rules Permit No:)

To be held at Heaton Park Manchester  
Saturday 06 January 2018

First Race 11.00am

### Numbers will only be given to Team Managers

U13 Girls	11 years and under 13	Distance approx 3000m	at 11.15
U15 Girls	13 years and under 15	Distance approx 4000m	at 11.45
U17 Women	15 years and under 17	Distance approx 5000m	at 12.45
U20 Women	17 years and under 20	Distance approx 5000m	at 12.45
Senior Women	Over 20 years	Distance approx 7000m	at 1.15
U13 Boys	11 years and under 13	Distance approx 3000m	at 11.00
U15 Boys	13 years and under 15	Distance approx 4000m	at 11.30
U17 Men	15 years and under 17	Distance approx 5000m	at 12.10
U20 Men	17 years and under 20	Distance approx 7000m	at 1.20
Senior Men	Over 20 years	Distance approx 10000m	at 2.00

### AGE GROUPS

Ages will be calculated at 31 August / 01 September 2017, except the U20 age group which will be calculated at 31 December 2018.

U13 athletes must be 11 years old on the date of competition. (Rule 141 S3(1)(i)(Page 51))

Competitors are not permitted to compete in other than their own age group.

The Womens U17 and U20 races will be run as a combined team race but will have individual and team awards for the two age groups.

### QUALIFICATION

Competitors must have been born in, or have nine months continuous bona-fida residence in Greater Manchester (as defined on 01 April 1974), immediately prior to the date of the Championships.

### ENTRIES

All entries will be on-line at [www.race-results.co.uk](http://www.race-results.co.uk)

### ENTRY FEE

£6.00 per athlete

### ENTRIES CLOSE

Entries close midnight on Thursday 28 December 2017

## **AWARDS**

Awards will be presented to the first three individuals in all races.

Awards will be presented to the 3 scoring members of a team in all Championship races except the Senior Men which will be 4.

## **TIMINGS**

The timings quoted are only approximate, but some races may start before the previous race has finished. Please listen to all announcements, but athletes must be ready to run their race at the stated time.

## **CLUB COLOURS**

Club vests of the same colour and design **MUST** be worn by every athlete in the team.

## **FIRST AID**

St John's Ambulance will be in attendance.