

Sunday 10<sup>th</sup> January 2010 Bicton College, Exmouth, East Devon

# 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**

12.40U13G12.55U13B13.10U15G13.28U15B13.45SM/U20M14.10SW/U20W14.26U17M14.40U17W

£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 31<sup>st</sup> 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 FORMFull NameD.o.B.CategoryClubCounty\*Entry<br/>FeeImage: Source of the stress of

\* 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 \_\_\_\_\_\_

\_\_\_\_\_

Telephone:

Address Email Email Please send entries To: Midland Counties AA, Alexander Stadium, Walsall Road, Birmingham, B42 2LR email: athletics@mcaa.org.uk

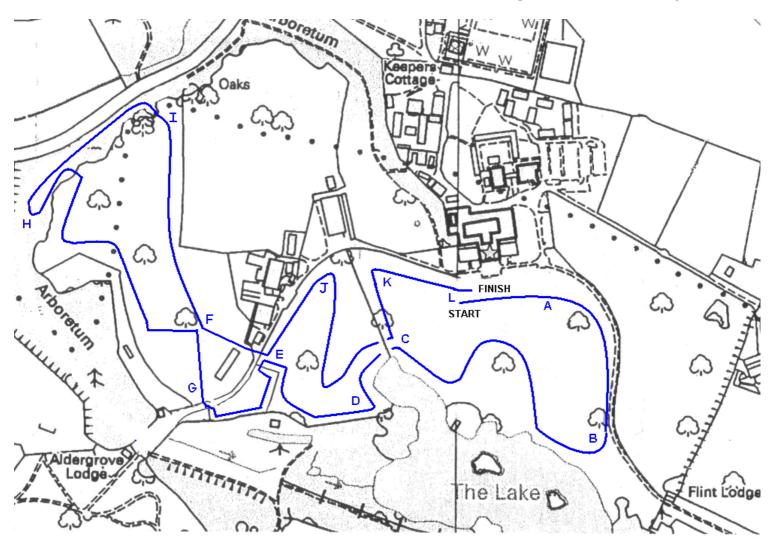
Contact Name

Iso, enclose SAE with entry if directions / timetable are required. N.B. Entry closing Date: 18 December 2009 FOR ONLINE ENTRY GO TO <u>http://www.race-results.co.uk/results/2010/</u>





# South West Championships – Bicton College 10<sup>th</sup> January 2010



Small LapA-B-C-K-L990mMedium LapA-B-C-D-E-J-C-K-L1690mLarge LapA-B-C-D-E-G-H-I-F-E-J-C-K-L2790m

# 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
13:45	SM	7590m	2 x Small + 2 x Large
14:10	SW	5580m	2 x Large
14:26	U17M	5580m	2 x Large
14:40	U17W	4370m	Small + 2 x Medium

- 13.52 Presentations for U13G, U13B
- 14.12 Presentations for U15G, U15B
- 15.00 Presentations for U20M, SM
- 15.30 Presentations for U20W, SW
- 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 Poppleford. 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