



UKA Permit number 2015011

These championships will be held on **Saturday 10<sup>th</sup> January 2015** at

**Lightwater Valley**, North Stainley, Ripon, North Yorkshire, HG4 3HT

[www.lightwatervalley.co.uk](http://www.lightwatervalley.co.uk)

There is ample parking in the car park so please ensure there is no parking on the road side. Please follow the directions and maintain a low speed.

There are plenty of toilets in and around Lightwater Valley, there are no changing/shower facilities. There is plenty of space for club tents; access will be via footpaths from the main entrance to Lightwater Valley, more details will follow with the course map.

A detailed course map with lap details will be issued as soon as possible

#### **RACES WILL BE HELD AS FOLLOWS**

<b>Age Group</b>	<b>Approximate Distances</b>	<b>Time</b>
u13 Girls	2, 600m	11.10 a.m.
u13 Boys	2,600m	11.30 a.m.
u15 Girls	3,800m	11.50 a.m.
u15 Boys	4,350m	12.10 p.m.
u17 Women	4,350m	12.30 p.m.
u17 Men	5,850m	1.00 p.m.
Senior Women	5,850m	1.30 p.m.
Junior Men	7,800m	2.10 p.m.
Senior Men	10,400m	2.10 p.m.

#### **AGE GROUPS FOR THESE CHAMPIONSHIPS**

U13 Girls/Boys must be at least 11 years of age on the day of the race or 12 years of age at midnight 31<sup>st</sup> August 2014

U15 Girls/Boys must be 13 or 14 years of age at midnight 31<sup>st</sup> August 2014

U17 Women/Men must be 15 or 16 years of age at midnight 31<sup>st</sup> August 2014

Junior Women/Men must be aged 18 or 19 years of age at midnight 31<sup>st</sup> December 2015

## AWARDS FOR YORKSHIRE COUNTY ATHLETICS ASSOCIATION

**Women** County medals to the first three athletes to finish and first three teams in all races.  
U13, U15, U17 teams to consist of the first three competitors of a club to finish.  
Senior teams to consist of the first four Junior/Senior competitors of a club to finish.  
County medals to the first three Junior competitors.

**Senior Men** County medals to the first three athletes to finish and the first three teams.  
Teams to consist of the first six competitors of a club to finish.

**Junior Men, U17 Men, U15 Boys and U13 Boys**  
County Medals to the first three athletes to finish and the first three teams.  
Teams to consist of the first 3 competitors to finish.

*Awards for all age groups will be presented as soon as results are completed for each age group. Please be patient when waiting for results as collating them for such a large event is a huge task. Results will be posted online [www.noaaa-athletics.org.uk](http://www.noaaa-athletics.org.uk) as soon as possible, but paper copies will be available on the day at a cost of 10p per A4 sheet – PLEASE HAVE THE CORRECT CHANGE*

## CONDITIONS OF ENTRY

Any number of runners to compete in each race. Individual entry form from athletes or a block entry from a club may be submitted, (*Please use a separate sheet for each age group*). Senior and Junior Ladies, for County selection purposes, should be submitted on separate entry sheets.

**Club colours must be worn.**

All competitors **MUST** have been born in **NORTH, SOUTH OR WEST YORKSHIRE** or have nine months continuous residence in the counties prior to the date of competition.

Clubs submitting block entries are responsible for the accuracy of the information given on the entry forms and must satisfy themselves that the date of birth given can be proved by documentary evidence if required.

All team members must be bona fide first claim members, and be registered with England Athletics.

The **Club Secretary** or another **responsible person** must sign the block entries.

**TEAM ENTRIES WILL BE ACCEPTED ONLY FROM CLUBS WHO HAVE REGISTERED THEIR 2013-2014 CROSS COUNTRY AFFILIATION WITH ENGLAND ATHLETICS.**

***Entries will only be accepted from athletes registered as competitors for 2013-2014 on the England Athletics database, as the event organiser check facility is now available for bulk checking.***

**No competitor may compete unless his or her name appears in the programme.**

**No guest competitors will be allowed.**

***Please note that regardless of an individual entry form or block entry form being completed, on the day of the championships all vest numbers for each age group must be collected and signed for by one team manager/representative.***

***Numbers will only be handed out to individual athletes if they are the sole representative of a club.***

***Please ensure all club members know who their club representative is for their age group and where they can locate their vest numbers.***

**Everyone must compete in the correct vest number.**

## COUNTY SELECTION

These championships will be used as a basis for selection of the Inter County teams. This year the UK CAU Cross Country Championships will be held in Birmingham on Saturday 7<sup>th</sup> March 2015. The selection will be as follows:

U13 Age Group – First 8
U15 Age Group – First 6 + 2 discretionary places
U17 Age Group – First 6 + 2 discretionary places
U20 Age Group – First 6 + 2 discretionary places
Senior Age Group – First 6 + 3 discretionary places

If an athlete wishes to be considered for a discretionary place in the Inter County team, they MUST write to the Yorkshire Championship Secretary, Fiona Lancaster [fiona.lancaster@btinternet.com](mailto:fiona.lancaster@btinternet.com) , BEFORE the championships, giving their reasons for not running and their recent results.

**THE ATHLETE MUST HAVE ENTERED THE CHAMPIONSHIPS**

Forms must be completed in full; failure to do so will result in the entry form being returned – UKA Rule 14

**ENTRY FEE is £6 per each athlete all age groups**

***Cheques made payable to YCAA, no cash please***

**Programmes will be on sale on the day at a cost of £2**

Please ensure you enclose the correct payment with the appropriate entry form and  
**complete it clearly and in full**

Please post to

Yorkshire CAA, Fiona Lancaster, 4 Mill Lane Gardens, Ryhill, Wakefield WF4 2FH

Telephone: 01226 722442

PLEASE DIAL CAREFULLY AND NO TELEPHONE CALLS AFTER 9:30pm

Ensure you have paid the correct postage fee.

Postal surcharges will **NOT BE PAID** and **WILL NOT BE COLLECTED** from the Post Office.

**ENTRIES CLOSE**

**Wednesday 10<sup>th</sup> DECEMBER 2014**

***No late entries will be accepted entries received after this date will be returned***

A full entry list will be posted on [www.noeea-athletics.org.uk](http://www.noeea-athletics.org.uk) as soon as possible after this date, please check carefully and report any errors to

[fiona.lancaster@btinternet.com](mailto:fiona.lancaster@btinternet.com)



Individual entry form for **FEMALE** Athletes

**PLEASE ENSURE THE FORM IS COMPLETED IN FULL AND IN BLOCK CAPITALS**

Last name..... EA registration no.....

(If married within last 12 months please state maiden name).....

First Name..... Club.....

Address.....

.....

..... Post code.....

Telephone number..... Date of Birth.....

Email address.....

Qualification: Birth, Residence, or HM Forces.....

The UK CAU Cross Country Championships will be held in Birmingham on Saturday 7th March 2015

If you are selected are you available to compete on this date? **YES/NO** (please circle)

Please tick as applicable:

Senior Women	<input type="checkbox"/>	Junior Women	<input type="checkbox"/>	U17 Women	<input type="checkbox"/>
		U15 Girls	<input type="checkbox"/>	U13 Girls	<input type="checkbox"/>

I enclose an entry fee of **£6** per athlete for all age groups  
Cheques made payable to YCAA, NO CASH

Signature..... (parent or guardian to sign if under 16) Date.....

**ENTRIES CLOSE Wednesday 10th December 2014**

Entries to: YCAA, Fiona Lancaster, 4 Mill Lane Gardens, Ryhill, Wakefield WF4 2FH  
For enquiries email [fiona.lancaster@btinternet.com](mailto:fiona.lancaster@btinternet.com)

**Please ensure you have completed the form in full,  
enclosed correct payment and attached correct postage.**

**NO LATE ENTRIES WILL BE ACCEPTED**

**All entries received after this date will be returned**



Individual entry form for **MALE** Athletes

**PLEASE ENSURE THE FORM IS COMPLETED IN FULL AND IN BLOCK CAPITALS**

Last name..... EA registration no.....

First Name..... Club.....

Address.....

.....

..... Post code.....

Telephone number..... Date of Birth.....

Email address.....

Qualification: Birth, Residence, or HM Forces.....

The UK CAU Cross Country Championships will be held in Birmingham on Saturday 7th March 2015

If you are selected are you available to compete on this date? **YES/NO** (please circle)

Please tick as applicable:

Senior Men ☐

Junior Men ☐

U17 Men ☐

U15 Boys ☐

U13 Boys ☐

I enclose an entry fee of **£6** per athlete for all age groups

Cheques made payable to YCAA, NO CASH

Signature..... (parent or guardian to sign if under 16) Date.....

**ENTRIES CLOSE Wednesday 10th December 2014**

Entries to: YCAA, Fiona Lancaster, 4 Mill Lane Gardens, Ryhill, Wakefield WF4 2FH  
For enquiries only: 01226 722442 no calls after 9.30pm or email [fiona.lancaster@btinternet.com](mailto:fiona.lancaster@btinternet.com)

**Please ensure you have completed the form in full,  
enclosed correct payment and attached correct postage.**

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