



Yorkshire

County Athletics Association

Cross Country Championships 2017



UKA Permit Number 2017013

These championships will be held on **Saturday 7th January 2017** at **Lightwater Valley**, North Stainley, Ripon, North Yorkshire, HG4 3HT
www.lightwatervalley.co.uk

There are several important changes this year, so it's important that the prospectus is read in full by everyone. If you are submitting your entry on a club entry form, please ensure all of your athletes have access to this information.

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.

We are very lucky to have access to such a beautiful and well maintained location, please leave it as you found it. Ensure all belongings are cleared and all rubbish is deposited in the bins.

NO DOGS ARE ALLOWED ON THE SITE.

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

RACES WILL BE HELD AS FOLLOWS

Age Group	Approximate Distances	Time
u13 Girls	2,600m	11.00 a.m.
u13 Boys	2,600m	11.20 a.m.
u15 Girls	3,800m	11.40 a.m.
u15 Boys	4,350m	12.00 noon
u17 Women	4,350m	12.20 p.m.
U20 Women	5,850m	12.50 p.m.
Senior Women	7,800m	12.50 p.m.
u17 Men	5,850m	1.30 p.m.
U20 Men	7,800m	2.10 p.m.
Senior Men	10,400m	2.10 p.m.

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.

A pen system will be used at the start of the Championships this year to aid with the progression of athletes. Details of pen numbers will be given on the day to team managers or in the case of a sole entry to that individual.

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 31st August 2016

U15 Girls/Boys must be 13 or 14 years of age at midnight 31st August 2016

U17 Women/Men must be 15 or 16 years of age at midnight 31st August 2016

U20 Women/Men must be aged 18 or 19 years of age at midnight 31st December 2017

AWARDS FOR YORKSHIRE COUNTY ATHLETICS ASSOCIATION

Senior Women County medals to the first three athletes to finish and first three teams.
Teams to consist of the first four competitors of a club to finish.

U20 Women, U17 Women, U15 Girls and U13 Girls
County Medals to the first three athletes to finish and the first three teams.
Teams to consist of the first 3 competitors of a club to finish.

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.

U20 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 of a club to finish.

A plaque will be awarded to the winning team in each age category for male and female teams.

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.noeea-athletics.org.uk as soon as possible, but paper copies will be available on the day at a cost of 20p 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, *(You must use a separate sheet for each age group)*. *Team managers may also ask for an excel version of the entry form to be emailed.*

Club colours must be worn.

Everyone must compete in the correct vest number.

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 2016-2017 CROSS COUNTRY AFFILIATION WITH ENGLAND ATHLETICS.

Entries will only be accepted from athletes registered as competitors for 2016-2017 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.**

COUNTY SELECTION

These championships will be used as a basis for selection of the Yorkshire Inter County teams. This year the UK CAU Cross Country Championships will be held in Prestwold Hall, Loughborough on Saturday 11th March 2017. The selection will be as follows:

Please ensure that U20 Athletes are entered into the correct age group for the Yorkshire Championships. If an athlete becomes 20 years old before December 31st 2017 then they are a senior for this competition and the UK CAU Championships.

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 Yorkshire Inter County team, they **MUST** write to the Yorkshire Championship Secretary, Fiona Lancaster fiona.lancaster@btinternet.com, **BEFORE** the championships, giving their reasons for not running and their recent results.

THE ATHLETE REQUESTING A DISCRETIONARY PLACE MUST HAVE ENTERED THE CHAMPIONSHIPS. PLEASE UNDERSTAND THAT THE STANDARD OF ATHLETES COMPETING ON THE DAY OF THE YORKSHIRE CHAMPIONSHIPS IS ALWAYS EXTREMELY HIGH AND REQUESTING A DISCRETIONARY PLACE BY NO MEANS GUARANTEES THAT A PLACE IN THE YORKSHIRE TEAM WILL BE AVAILABLE OR AWARDED.

ENTRY FEE is £6 per each athlete all age groups
Cheques made payable to YCAA, no cash please

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

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, West Yorkshire WF4 2FH

Telephone: 01226 722442

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

Please note: An excel version of the Club Entry Form is available for team managers on request.

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 14th DECEMBER 2016

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

A full entry list will be posted on www.noaaa-athletics.org.uk as soon as possible after this date, please check carefully and report any errors to

fiona.lancaster@btinternet.com



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MALE / FEMALE

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
Prestwold Hall, Loughborough on Saturday 11th March 2017

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

Please tick as applicable:

Senior

Under 20

Under 17

Under 15

Under 13

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 14th December 2016

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

**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