

CORNWALL AA CROSS COUNTRY CHAMPIONSHIPS & COUNTY TEAM SELECTION

(incorporating the Frank Elford Sports Westward League)

Newquay Sports Centre - Sunday 8th November 2015

Entries are invited from Clubs, Schools and Colleges from athletes that have Cornish eligibility by birth, 9 months continuous residence or Forces (this must be stated on the attached form). Guests may be accepted at the discretion of the Championship Secretary. School teams with athletes not meeting this criteria may still compete but athletes 11 years and above may not represent the County unless they have this eligibility. Any athlete that competed for another County or in their Championships (except Schools) in the current calendar year must make this clear with their entry. Athlete EA Registration numbers (URN) MUST be included on the entry form (this does not apply to school entries unless a club member, also)

County Champs & Under 11 Development Races

U13 and older – County Champs race including County Team selection

U11 – Developmental race – not eligible for County Team selection

U11s who are 11 years old on race day may compete in the U13 race if they wish to be considered for the county team.

Note they can only race once.

- **Age Groups** - All ages as at 1 September 2015 except U20 Men and Women who must be under 20 years old within the whole of the 2015 calendar year (see later selection criteria). Under 13's must be 11 years old on the day (year 6 may compete if they comply with this).
Under 11's MUST be min 8 years on 08/11/15 but please note only those youngsters able to compete at a reasonable standard commensurate with the distance and terrain should be entered
- **CLOSING DATE: Wednesday 28th October 2015 – STRICTLY NO ENTRIES ON DAY.**
- Accompanying payments must be received by **Tuesday 3rd November** to validate entries. Entrant's responsibility to ensure they have paid.
- **Send entry forms & payment** to Tracy Cayton-Smith, 48 Dukes Way, Newquay, TR7 2RW,
Email : countychamps@cayton-smith.co.uk.

Age Group	Entry Fee (no team fees)	Late Payment (received after 6th Nov)	Teams Unaffiliated to CCAA
SM, U20M, SW, U20W	£4.50	£6.50	Additional £2.00 per athlete
U13 – U17	£3.00	£5.00	
Under 11	£1.50	£3.50	

- Athletes must compete for their first claim club for cross country (except where based outside of the county), Athletes MUST wear the kit of team (school) they are entered for in the county champs – not their Westward league team if different.
- Members of clubs not affiliated to CCAA may compete at an extra cost of £2 for team awards but MUST be affiliated to England Athletics (see requirement for EA URN on entry form)

Awards:

- Medals to 1st, 2nd and 3rd individuals in each race
- Medals to 1st male and female Veterans (O/35W, O/40, O/45, O/50, O/55, O/60, O/65, O/70), silver if 4 entered in any age group and bronze if 6 entered
- U20 Men and Women will score for Seniors but will have individual medals.
- First 3 score in all races Senior Men which is 4.
- Course Map & timetable: This will be on the County website at www.cornwallathletics.org prior to the event.
The first race is at 1.00pm, U11's start at 2.00pm

County Team Selection

The championships incorporate County Team trials for

- **South West Intercounties – Bicton Park, Exeter – 20th December 2015**
- **National Inter Counties – Cofton Park, Birmingham - 12th March 2016**

The County Association wishes to field its best teams and please ensure you make yourself available for selection. **Please Note:** The Regional Round of the Schools Cup is normally the day before this Championship; this is unfortunate, however, you will be expected to compete at the Championships if you wish to be considered for selection at the South West Inter Counties - competing the day before will not be accepted as a valid reason for pre-selection by the team managers.

The South West use the same age criteria for Under 20's at the SWIC as the Club Regional & National Championships. The National Inter Counties use IAAF Rules! This means that anyone who is Under 20 at midnight on 31/08/15 may compete as an Under 20 at the SWIC (even though you could not at these County Championships!) but selection for the National Inter Counties will require athletes to be Under 20 in the **whole** of **2016**

Selection sheets will be handed out by team managers to at least the top 12 finishers in each race. These sheets **MUST** be returned **on the day** and must be completed correctly with **all** information.

The SW Championships are in December this winter, it is **essential** that we have your contact details with your entry.

Any school entering pupils which has a policy of not disclosing contact details should get authorisation from parents. Eligible athletes that do not return their details on the day and have not provided accurate and legible contact details are unlikely to be included in our teams

Entry Forms (See attached excel spreadsheet for bulk entries)

Entries **MUST** include all dates of birth and **full** address – School address will not be acceptable, this is particularly important for registering teams for the South West Inter-Counties on Sunday 20th December 2015 (please also include first names). Repetitive fields should self populate once one is filled in. Each tab allows 34 entries, please use the additional tabs for more athletes. You do not need to use separate sheets for different age groups/sex. Please ensure you complete all fields!

Please use bulk entry form for clubs and schools, email to countychamps@cayton-smith.co.uk is preferred but printed postal entries will be accepted. Payment should follow electronic emailed entries **within 2 days, please include a printed hard copy with authorising signature**. Telephone entries may be accepted in exceptional circumstances. **LATE PAYMENTS ADD £2.00 per athlete.**

Coaches collecting payments must ensure they have forwarded entries and payments by last post, first class 3rd November. Any athlete where payment has not been received by entry secretary will have to pay again on the day.

PRESENTATION *The Presentations will take place in the Sports Centre or adjacent as soon as possible after the races. Please allow time for results to be generated and DO NOT hassle the recorders who will be working as quickly as they can!*

REFRESHMENTS *Hot and cold refreshments will be available, courtesy of the Sports Centre.*

Please send entry forms & payment to

Tracy Cayton-Smith, 48 Dukes Way, Newquay, TR7 2RW

Email : countychamps@cayton-smith.co.uk

PLEASE MAKE CHEQUES PAYABLE TO CORNWALL COUNTY AA (OR CCAA)

All other enquiries to

Championship Hon Secretary

Dave Varney, 38 Manor View, Par, Cornwall PL24 2EN

01726 813920: e-mail : davevarney@care4free.net

Notes for club athletes running for school teams

Schools & Colleges have first claim over athletes. Any athlete that has been entered by their school but wishes to compete for their club in the COUNTY Champs must get their school to withdraw the entry. School & College athletes must run in school colours.

Westward League

School teams do not score in the Westward league unless they are specifically entered in the whole of the WWL series.

School athletes who are also members of a club competing in the WWL will still count for the club in the WWL but they **MUST**

- Wear school colours not club colours
- Hand their WWL disc to their CLUB TEAM MANGER not their school team manager.
(If they do not hand their disc to the club team manager they will not score for their club in the WWL)

2015 CORNWALL AA CROSS COUNTRY CHAMPIONSHIPS & COUNTY TEAM SELECTION

All details must be shown **including full address, date of birth**, whether claiming eligibility by birth, 9 months residence or forces . (***Tick box below either Birth / Residence / Forces***) - ***Note Not Under 11's***

Athletes must compete for their first claim club or school (colleges do not have first claim on athletes if members of a club), where the club/school is based in Cornwall. Otherwise they may compete as second claim to their Cornish club or as individuals. Club, School, County, Regional or National vests must be worn. See the letter of invitation for age group criteria and regarding the requirement for **FULL CONTACT DETAILS**.

Athlete URN is the number given to all competing athletes when registered with England Athletics - This is a mandatory requirement for all competing athletes with a club but does not apply to school entries.

Declaration

Please enter the under mentioned teams & individuals in the County Cross Country Championships, I confirm that the above entered athlete(s) is/are eligible to compete for Cornwall & that they have not competed for another County in the year 2015 and that I give permission for the athlete(s) to compete in the Cornwall County AA Cross Country Championships, knowing that this will be run on undulating and varying surfaces which could result in injury. The County will endeavour to provide adequate first aid cover. If under 18, the form must be signed by the parent/guardian or school on behalf of the parent or guardian **THIS FORM MAY BE USED BY INDIVIDUAL ATHLETES BUT SIGNED BY A PARENT OR GUARDIAN IF UNDER 18**

Person completing form

Name		Contact Phone	
Relation to athlete	Athlete / Coach / Parent / Teacher / Other	Email	
Signature			

Athletes - **ALL boxes MUST be completed**

Athlete URN	Not required for SCHOOL or U11s	Address	
Name			
DOB			
Sex		Email	
Eligibility	Birth / Residence / Forces	Tel	
Athlete URN	Not required for SCHOOL or U11s	Address	
Name			
DOB			
Sex		Email	
Eligibility	Birth / Residence / Forces	Tel	
Athlete URN	Not required for SCHOOL or U11s	Address	
Name			
DOB			
Sex		Email	
Eligibility	Birth / Residence / Forces	Tel	