



**THE SAUCONY SOUTH OF ENGLAND ATHLETIC ASSOCIATION
CROSS COUNTRY CHAMPIONSHIPS 2011**

(Under UK Athletics Rules and ECCA Laws)

Parliament Hill Fields, London on Saturday 29th January 2011

Under 15 Boys	4500 metres	11:00 am	Ages 13 & 14 as at 31 st Aug / 1 st Sep 2010
Under 13 Girls	3000 metres	11:20 am	Ages 11 & 12 as at 31 st Aug / 1 st Sep 2010
Under 13 Boys	3000 metres	11:35 am	Ages 11 & 12 as at 31 st Aug / 1 st Sept 2010
Under 15 Girls	4000 metres	11:50 am	Ages 13 & 14 as at 31 st Aug / 1 st Sept 2010
Under 17 Men	6000 metres	12:10 pm	Ages 15 & 16 as at 31 st Aug / 1 st Sept 2010
Under 20 Women	6000 metres	12:40 pm	Ages 17, 18 & 19 as at 31 st Aug / 1 st Sept 2010
Under 17 Women	5000 metres	1:05 pm	Ages 15 & 16 as at 31 st Aug / 1 st Sept 2010
Under 20 Men	8000 metres	1:30 pm	Ages 17, 18 & 19 as at 31 st Aug / 1 st Sept 2010
Senior Women	8000 metres	2:05 pm	Age must exceed 20 years as at 31 st Aug / 1 st Sept 2010
Senior Men	15000 metres	2:50 pm	Age must exceed 20 years as at 31 st Aug / 1 st Sept 2010

Under 13 Girls & Under 13 Boys must be 11 years old on day of the Competition.

ATHLETES MAY ONLY COMPETE IN THEIR OWN AGE GROUP

ENTRY FEES

Senior Men the entry fee is £6 per individual (£7 online at www.seaa.org.uk) **Team of 6 to score.**

For all other races the entry fee is £6 per individual (£7 online at www.seaa.org.uk) **Team of 4 to score.**

AWARDS and PRIZE VOUCHERS

SEAA medals will be awarded to the first three placed competitors and the scoring team members of the first three placed teams in each group.

Saucony vouchers will be awarded to the first five placed competitors in the U13, U15 & U17 races as follows: -
1st £60, 2nd £50, 3rd £40, 4th £30, 5th £20.

CHIP TIMING

Chip Timing will be used. Failure to return your chip will be subject to a £7.00 penalty charge per chip.

QUALIFYING CONDITIONS

Clubs wishing to take part must be affiliated to England Athletics and have stated their intention to take part in Cross Country events. All athletes entered **MUST** be **FIRST CLAIM MEMBERS** of their club. Anyone whose transfer has been approved by England Athletics but is ineligible for team competition may be entered as an individual but not eligible to score in team competition. All athletes must be registered with England Athletics.

No athlete is allowed to compete in the Championships of more than one Territorial Association in any one nine month period. This applies to all disciplines.

ENTRIES CLOSE

Entries **MUST** arrive no later than **Friday 10th Dec 2010**. Please send **TWO** copies of your entry along with your remittance form and entry fees to: **SEAA Competition Ltd, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB**

LATE ENTRIES WILL NOT BE ACCEPTED

A 1st Class stamped and addressed C5 envelope (229 x 162mm) **MUST** be enclosed for confirmation of entry. The use of **Recorded Delivery** is strongly advised as the SEAA will not accept late or lost entries unless proof of posting can be provided.

Your committee has decided that a list of names, ages and registration numbers will be sufficient for entry to the SEAA Championships.

The Club Official/individual signing the form is responsible for ensuring the eligibility (age and first claim) of the entrants/entry and the suitability of the event for those entered.

Please copy any extra sheets to your team managers and sectional secretaries and make additional copies of entry forms to your club's requirements.



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ENTRY FORM (AGE GROUP)

CLUB NAME:

CLUB COLOURS: (which must be worn)

PLEASE COMPLETE IN BLOCK CAPITALS

Surname	First name	Date of Birth	England Athletic Reg Number (*)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			

(*) Failure to provide the England Athletics Registration Number for athletes will result in your entry being returned. All competing athletes must be registered within their club via England Athletics

Furnishing false or misleading information may render the Athlete and/or Club liable to disqualification

I hereby declare that all entrants are eligible to compete according to the laws of the governing body for UK Athletics, they are all duly elected members of the above named Club and that the following particulars are complete and correct.

NAME

POSITION IN CLUB SIGNED.....

ADDRESS.....

..... POSTCODE

TEL (Day) (Eve)



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REMITTANCE FORM

NO LATE ENTRIES WILL BE ACCEPTED, NOR WILL ENTRIES MADE BY TELEPHONE, FAX OR EMAIL

RETURN TO: SEAA Competition Ltd, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB

CHEQUES or POSTAL ORDERS PAYABLE TO: SEAA Competition Ltd

RETURN ENVELOPE: A 1st Class stamped addressed C5 envelope (229x 162mm) **MUST** be enclosed to receive confirmation of entry

ENTRIES: Must arrive no later than **Friday 10th December 2010**. Please send **TWO** copies of your entry forms.

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FROM CLUB

ENTRY FEES

Senior Women

..... @ £6.00 = £.....

Under 20 Women

..... @ £6.00 = £.....

Under 17 Women

..... @ £6.00 = £.....

Under 15 Girls

..... @ £6.00 = £.....

Under 13 Girls

..... @ £6.00 = £.....

Senior Men

..... @ £6.00 = £.....

Under 20 Men

..... @ £6.00 = £.....

Under 17 Men

..... @ £6.00 = £.....

Under 15 Boys

..... @ £6.00 = £.....

Under 13 Boys

..... @ £6.00 = £.....

TOTAL = £
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Cross Country Main Championships

Trophy Winners

Women's Trophies

The BEDFORD & COUNTY Cup
The SOUTHERN CC League Cup
The SANDRA CHEATHAM CUP
The SCRUTON Trophy
The BARLOW-DIXON Trophy
The SOUTHERN CC League Cup
The COUNTESS HOWE Trophy
The TERRY ADAMS Trophy
The FOSTER CLARKE Cup
The WHITE Cup

Under 13 Girls Team – Chelmsford AC
First U13 Girl – B. Croft – (Windsor Slough Eton & Hounslow AC)
First U15 Girl – J. Judd (Chelmsford AC)
Under 15 Girls Team – Aldershot, Farnham & District AC
First U17 Woman – E. Gorecka (Aldershot, Farnham & District AC)
Under 17 Women's Team – Aldershot Farnham & District AC
Under 20 Woman – H. Walker (Dacorum & Tring AC)
Under 20 Women's Team – (Tonbridge AC)
First Senior Woman – J.Sparke (Woodford Green AC w Essex Ladies)
Senior Women's Team – Woodford Green AC w Essex Ladies

SEAA Trophy (Lowest aggregate points in Women's Championships) – Shaftesbury Barnet Harriers

Men's Trophies

The GEORGE BROOKS Trophy
The FREDDY CARTER MEMORIAL Trophy
The GEORGE COOPER Trophy
The WALTER C JEWELL Trophy
The FINCH WAYTE Trophy
The FRANK WYNN Challenge Cup

Under 13 Boys Team –Tonbridge AC
Under 15 Boys Team – Shaftesbury Barnet Harriers
First Under 17 Man – R. Goodman (Shaftesbury Barnet Harriers)
Under 17 Men's Team – Aldershot Farnham & District AC
Under 20 Men's Team – Aldershot Farnham & District AC
Senior Men's Team – Bedford & County AC

Twelve to Score - Senior Men's race Trophies:

SURREY	The ODDLING SMEE Cup – Herne Hill Harriers
KENT	The CAMDEN Cup – New Eltham Joggers
MIDDLESEX	The FOWLER Cup – Highgate Harriers
ESSEX	The ESSEX Cup – Woodford Green AC w Essex Ladies
SUSSEX	The SUSSEX Cup – Not Awarded
HAMPSHIRE	The HAMPSHIRE Cup – Aldershot Farnham & District AC

The PERSEVERANCE Cup (Seventh Man in winning Senior Men's Team) – S. Robinson (Bedford & County AC)

The E TOMLINSON MEMORIAL TROPHY (Senior Men's Team not placed in last 10 years) - Not Awarded

The LA BEADLE Cup (Lowest aggregate points in Men's Championships) – Bedford & County AC