

GREATER MANCHESTER ATHLETIC ASSOCIATION

ANNUAL CROSS COUNTRY CHAMPIONSHIPS

(Under UKA Rules Permit No:CC2023/0916)

To be held at Wythenshawe Park MANCHESTER M23 0AD

Saturday 16 December 2023

First Race 11.00am

Numbers will only be given to Team Managers

U13 Girls	11 years and under 13	Distance approx 3000m	at 11.15
U15 Girls	13 years and under 15	Distance approx 4000m	at 11.45
U17 Women	15 years and under 17	Distance approx 5000m	at 12.45
U20 Women	17 years and under 20	Distance approx 5000m	at 12.45
Senior Women	Over 20 years	Distance approx 7000m	at 1.15
U13 Boys	11 years and under 13	Distance approx 3000m	at 11.00
U15 Boys	13 years and under 15	Distance approx 4000m	at 11.30
U17 Men	15 years and under 17	Distance approx 5000m	at 12.10
U20 Men	17 years and under 20	Distance approx 7000m	at 1.20
Senior Men	Over 20 years	Distance approx 10000m	at 2.00

AGE GROUPS

Ages will be calculated at 31 August / 01 September 2023

U13 athletes must be 11 years old before 31 August within the year of competition. (Rule T3 S3 (i) Page 93)

Competitors are not permitted to compete in other than their own age group.

The Womens U17 and U20 races will be run as a combined team race but will have individual and team Awards for the two age groups.

QUALIFICATIONS

Athletes must have been born in, or have nine months continuous bona-fida residence in Greater Manchester (as defined on 01 April 1974), immediately prior to the date of the Championships.

Qualification for selection for the Team to represent Greater Manchester AA at the CAU Inter Counties, venue to be confirmed, on 10 March is first 4 finishers in this Championship. The rest of the team will be selected on performances during the rest of the Cross Country season

ENTRIES

All entries will be on-line at [niftyEntries.com](https://niftyentries.com)

ENTRY FEE

£9.00 per athlete

ENTRIES CLOSE

Entries close midnight on **Wednesday 13 December 2023**

Chip Timing

We will be using Chip Timing. It will be essential that Team Managers pick up the numbers which include the chip and allocate them to the correctly named athlete. All lost Chips will be charged at 50p each.

AWARDS

Awards will be presented to the first three individuals in all races.

Awards will be presented to the 3 scoring members of the first 3 teams in all Championship races except the Senior Men which will be 4.

THE TIME OF EACH RACE

The timings quoted are only approximate, but some races may start before the previous race has finished. Please listen to all announcements, but athletes must be ready to run their race at the stated time.

CLUB COLOURS

Club vests of the same colour and design **MUST** be worn by every athlete in the team.

FIRST AID will be in attendance.