

OXFORDSHIRE MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIPS

6TH JANUARY 2008 UNDER UK ATHLETICS RULES (Not Mini-Minors)

The County Cross Country Championships for men and women are being held at North Oxfordshire Academy (formerly Drayton School), Banbury. These Championships are hosted by Banbury Harriers. Numbers and maps will be issued from the main pavilion entrance. Changing, showers and toilets can only be accessed from the back entrance of the pavilion. The school is closed, therefore no refreshments, but there may be a burger van. The award of medals, and certificates for the younger age groups, will be presented after each race as soon as the results are available.

Time	Age Group	Distance	
10.00	Girls – Mini-Minors*	Under 11 years of age	1400 metres
10.05	Boys – Mini-Minors*	Under 11 years of age	1400 metres
10.20	Girls – Under 13	Over 11 and under 13 years of age	2624 metres
10.35	Boys – Under 13	Over 11 and under 13 years of age	2624 metres
10.40	Girls – U15 & Women U17	Over 13 and under 17 years of age	U15 3879 metres U17 4845 metres
11.05	Boys – U15 & Men U17	Over 13 and under 17 years of age	U15 4395 metres U17 5762 metres
11.40	Women - U20, Sen/Veteran	Over 17 years of age	6212 metres
12.00	Men – U20, Sen/Veteran	Over 17 years of age	10316 metres

All age groups are as at midnight 31 August/1 September 2007 except Under 20s' men and women, who must be under 20 as at midnight 31st December 2008. Senior men and women, must be over 20 as at midnight 31st December 2008. A boy or girl may compete in the under 13 years age groups on reaching the age of 11 on the day of the competition.

*NOTE: (1) The mini-minors races are not Championship events. Special County Medals will be awarded to the first 3 and Certificates to all finishers. The minimum age is 8 on the day of competition.

NOTE 2: (a) There will be separate results for each age group even though some races are combined.
(b) We hope to give certificates to all finishers for under 11/13/15's, unless an individual medal has been awarded.

Entry Fees - £2.00 for Seniors and Veterans, men and women.
£1.00 for other age groups **including Under 11's**
Schools and clubs need only pay for those who compete, not who are entered. Therefore, if your entry fee is in excess of £10 then send £10 with your entries. On the day make up the payment to the value of the competitors.

Teams - The first 4 finishers in all age groups for men (3 for women) for each club/school will be their first team. The next 4 finishers for men (3 for women) will be their second team, etc. There will be team awards for Veterans, but not split into 10 year age bands.

Qualification - The Championships are open to those with an Oxfordshire qualification. See UK Athletics rule 9.
(a) By birth. UKA rule 9 paragraph 2(a)
(b) By 9 months residence within the County. UKA rule 9 paragraphs 2(b) & (c).
(c) By relaxation of the residential qualification. Those attending school – day or boarding within the County. This does not qualify you to compete for the County at Inter County meetings. UKA rule 9, paragraph 10.

The CAU Inter Counties is being held at Nottingham on Saturday 15 March 2008. The first 6 finishers will be automatically selected. The remaining places are at the team managers discretion and to take the Oxford Cross Country League results into consideration.

Entry fees and forms to: Mr B P Strange, Appletrees, Main Street, West Hagbourne, Nr Didcot, Oxon OX11 0NJ by Tuesday 1st January 2008. Cheques and Postal Orders payable to "OXON A.A."