



PROMOTED BY AVON COUNTY ATHLETIC ASSOCIATION
AVON, SOMERSET & WILTSHIRE CROSS COUNTRY CHAMPIONSHIPS 2011/12
Sunday 11 December 2011
University of Bath

- Race Information** See your county or club web-site website for full details of the venue, timetable and course maps/details. The first race will start at 11.00 a.m. Course maps will also be displayed at the Race HQ on the day. Midland Counties Permit applied for.
- Entries** Entry Forms to be returned to:
Keith Brackstone, 53 Royal Victoria Park, Bristol, BS10 6TD by Monday 5th December 2011.
Enquiries by e-mail to: keithatrvp@blueyonder.co.uk
All valid entries will be displayed on the County websites on Friday 9th December 2011
- Fees** **£6 for senior/veteran athletes and £4 for juniors (cheques payable to Avon County Athletic Association).**
The under-11s race is free to enter.
An additional £2 must be paid by senior athletes who do not have an England Athletics registration number.
- Age Groups & distances** U11 Girls & U11 boys (1.9km – 1 short lap) -11.00/11.20
 (approx) U13 Girls & U13 Boys (2.8km – 1 long lap) -11.40/12.00
 U15 Girls & U15 Boys (3.8km – 2 short laps) - 12.20/12.40
 U17 & U20 Women (4.7km – 1 short and 1 long lap) - 1.00 p.m.
 U17 & U20 Men (6.6km – 2 short and 1 long laps) – 1.30 p.m.
 SW & Veteran Ladies (6.6km – 2 short and 1 long laps)–2.00p.m.
 SM & Veteran Men (10.3km - 1 short and 3 long laps) – 2.30 p.m.
All ages (including Under-20 Men and Women) on 31 August 2011. Veteran Men and Ladies age on day of race.
- Team Competitions** Senior teams only: these will be run on a tri-county basis men 6 to count and women 4 to count. (Wiltshire AA may award team medals).
- Race Numbers** Numbers will be issued to Team Managers & individuals at the Race HQ from 10.30 a.m. on 11 December 2011.
- Results** Finish positions and times for the County Champs will be recorded on the day and will be available electronically soon after each race.
- Individual Medals** Medals to first three in each category and winners of V50, V60, F45, F55.

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CHAMPIONSHIPS 2011/12

Sunday 11th December 2011 at the University of Bath

CLOSING DATE: Monday 5th December 2011

INDIVIDUAL ENTRY FORM

(FOR BULK CLUB ENTRY PLEASE USE SEPARATE EXCEL FORM and
e-mail or print & post)

INDIVIDUAL ENTRY FORM - Please use BLOCK LETTERS

Surname:..... First Name:.....

Address:.....

.....
Contact Phone No:..... Male/Female:

Date of Birth:..... Age category*(see above)

E-Mail:.....

(Results link will be sent to those that provide an e-mail address)

Club:

England Athletics Registration Number.....

COUNTY: AVON/SOMERSET/WILTSHIRE (delete as appropriate)

County Affiliation- Qualification by: (tick one only)

Birth (within the County as it is today)

Residence (last 9 months within the County)

Forces (based in the County)

(note North Somerset athletes are likely to be eligible for the Avon County Championships)

Age Group (tick relevant group)

Juniors	U-11.....	U-13.....	
Juniors	U-15	U-17	U-20
Senior Woman	F35	F45	F55
Senior Man	M40	M50	M60

Declaration: I declare that I am an amateur as defined by the UKA rules and that I will abide by the laws and rules of the competition. I understand that Avon/Somerset/Wiltshire Athletics Association and any club, person or body involved in the organisation of the events will not be held liable for any injury or illness, however occasioned, resulting from the events and I will not participate unless I am fit to do so. I accept the decision of the Race Referee in any matters relating to the events as final. My details will be held on a computer system in connection with my participation in this event.

SIGNED.....(Parent or Guardian if under 18)

Send the completed form by Monday 5th December 2011 together with the Entry Fee to:

Keith Brackstone, 53 Royal Victoria Park, Bristol, BS10 6TD

Please make all cheques payable to **Avon Athletic Association.**