



THE SOUTH OF ENGLAND ATHLETIC ASSOCIATION

2015 INTER COUNTY CROSS COUNTRY CHAMPIONSHIPS

Saturday 12 December 2015

Shuttleworth Park, Biggleswade, Bedfordshire

Medals: Medals will be awarded to 1st / 2nd / 3rd individuals and to 1st / 2nd / 3rd "A" teams in all races plus the first U23 in the Senior Women's race.
Only one team award per County in each race.

Entries: **16** may be entered from which **8** to run and **4** to score, numbers will be issued to the **8** runners on the day.

All athletes **MUST** be eligible to represent their County by birth or residence.
Dates of birth must be declared. All Athletes must be registered with England Athletics.

Team declarations must be submitted at least 30 minutes before the start of the race.

Timetable

report to Team Manager

| | | | | |
|----------|--|--------------------------------|--|--|
| 11.04 am | u-13 Girls | approx 3 km | Allison Hales | from 10.00 am |
| 11.20 am | u-13 Boys | approx 3 km | Derek Garrard | from 10.15 am |
| 11.40 am | u-15 Girls | approx 4 km | Allison Hales | from 10.30 am |
| 12.25 pm | u-15 Boys | approx 4 km | Phil Pape | from 11.30 am |
| 12.50 pm | u-17 Men | approx 5 km | Mark Pitcairn Knowles | from 11.45 am |
| 1.10 pm | { u-17 Women u-20 Women } | { approx 5 km approx 6 km } | { Mick Keene Mick Keene } | { from 12.00 noon from 12.00 noon } |
| 1.40 pm | { Senior Women u23 Individual Fem } | { approx 6 km approx 6 km } | { Geraldine Legon Geraldine Legon } | { from 12.30 pm from 12.30 pm } |

- Numbers to be collected from the Registration Marquee.
- Awards take place as soon as practical after the completion of each race.

Please note that, unfortunately, owing to the proximity of the aircraft landing strip, team tents will not be permitted - banners must be securely staked down.

Please ensure you bring this acknowledgement letter with you on the day.

PARKING

- At Sainsbury's roundabout on the A1, turn west on to B658 marked..... 'The Shuttleworth Collection'
- After approx one mile take 2nd exit at the roundabout onto the minor road sign posted..... Old Warden.
- After another mileleft into the entrance to the Shuttleworth Aircraft Collection.

Please do not enter the park via Old Warden Village or from the Shefford Road.

Keeping the hangers to your right proceed to the far end of the hangers from which you will be directed into your car parking area. Please follow the race signs which direct you the correct way.

For the Exit from the Park return to past the hangers to the public road.

Coach parking is on the hard standing at the far end of the Museum Car Park.