

# BUCKINGHAMSHIRE ATHLETIC ASSOCIATION

## CROSS COUNTRY CHAMPIONSHIPS

*Joint Championships with Bedfordshire AAA  
(under UKA Rules)*

**Saturday 5th January 2019**

**Hughenden Park, High Wycombe**

*(Please see important information below re Car Parking)*

11.30am	<b>UNDER 13 GIRLS</b> (3km)	born between 1.09.05 and 5.01.08 Teams: 3 to score
11.45am	<b>UNDER 13 BOYS</b> (3km)	born between 1.09.05 and 5.01.08 Teams: 4 to score
12.00pm	<b>UNDER 15 GIRLS</b> (4km)	born between 1.09.03 and 31.8.05 Teams: 3 to score
12.15pm	<b>UNDER 15 BOYS</b> (4km)	born between 1.09.03 and 31.8.05 Teams: 4 to score
12.30pm	<b>UNDER 17 WOMEN</b> (6km)	born between 1.09.01 and 31.8.03 Teams: 3 to score
1.00pm	<b>UNDER 20 MEN</b> (9km)	under 20 on 31.12.19 (IAAF age group) Teams: 4 to score
	<b>VET MEN 60 &amp; 70</b> (9km)	over 60 and 70 on 5.01.19
	<b>SENIOR MEN</b> Combined with	
	<b>VET MEN</b> (12km)	over 40 and over 50 on 5.01.19 Combined Teams: 6 to score Vet Teams: 4 to score
2.00pm	<b>UNDER 20 WOMEN</b> (6km)	under 20 on 31.12.19 (IAAF age group) Teams: 3 to score
	<b>SENIOR WOMEN</b> combined with	
	<b>VET WOMEN</b> (8km)	over 35, over 45, over 55 on 5.01.19 Combined Teams: 3 to score Vet Teams: 3 to score
2.45pm	<b>UNDER 17 MEN</b> (6km)	born between 1.09.01 and 31.08.03 Teams: 4 to score

***NOTE: Change to the timetable this year - the Under 20 Women run with the Senior Women***

UNDER 13 Girls and UNDER 13 Boys must be 11 year old on the day of competition

In UNDER 13, 15, 17 and 20 age groups, Gold, Silver & Bronze medals will be awarded in all events.

In all other age groups Gold medals will be awarded to all winners.

Silver medals will be presented if there are between 6 and 9 entries.

Bronze will be awarded if there are 10 or more entries.

### TEAM MEDALS

In Under 13 and 15 age groups team medals will be awarded to the 1st, 2nd and 3rd Team

In all other age groups medals will be awarded only to the 1st Team

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**ENTRIES CLOSE ON 30th DECEMBER 2018.**

**Entry Fee: £8.00**

**Entry details on [www.bucksaa.org.uk](http://www.bucksaa.org.uk)**

# Bucks and Beds Cross Country Championships 5th January 2019

## Parking

There is no parking on-site for competitors for these Cross Country Championships. Parking is a combination of small local car parks and the surrounding residential roads.



- PLEASE PARK CONSIDERATELY
- ALLOW SUFFICIENT TIME TO REACH THE EVENT IN CASE YOU HAVE TO PARK SOME DISTANCE AWAY.

## Car parks

### Hughenden Park

There are a small number of spaces in the car park off Coates Lane. Coming from the Hughenden Road direction the entrance is sited on the corner, on the right hand side as Coates Lane bends sharply to the right.

To get to the course, exit from the back of the car park and walk across the park to the bridge to cross the stream.

### bucks new university – Hughenden Avenue

The University has kindly given free use of the 65 spaces in their car park off Hughenden Avenue. The car park is next to (and just before) “Country Baskets”. This link should will take you to the service road: <https://goo.gl/maps/eTBdzX8ZcqC2>

To get to the course from the car park it’s a 15 minute walk:

- turn right out of the service road onto Hughenden Avenue
- take 2<sup>nd</sup> left down Hughenden Boulevard
- merge onto Coates Lane, keeping straight on
- a few feet past the corner, turn right onto the footpath / trail around the small car park
- follow this onto the park, cutting across the park to bridge from the other side of the car park.

## On road car parking

Much of the parking for this event is on the surrounding residential streets. To get you to the general area use this postcode: **HP13 5DA**

There are **parking restrictions** at the Hughenden end of Coates Lane.

Please park considerately on the following roads:

- Wyndham Avenue
- Disraeli Cescent.
- Beaconsfield Avenue
- Tancred Road
- Earl Close.

**THERE IS STRICTLY NO PARKING ON HUGHENDEN ROAD.**

