



Sunday 3rd January 2021

Held under UKA rules license number CC 2020/0013
Venue RNAS Merryfield, Ilton, Ilminster TA19 9HN

Events and Race Times

U13 Girls – 11.00 - 2800m	U13 Boys – 11.23 - 2800m
U15 Girls – 11.46 - 3300m	U15 Boys – 12.09 - 3300m
U17 Women – 12.37 - 4800m	U17 Men – 13.11 - 4800m
Sen Women – 13.35 - 6600m (Including Under 20 Women and Masters - W35, W45, W55)	
Sen Men – 14.28 - 6600m (Including Under 20 Men and Masters – M40, M50, M60)	

NOTE: The races will start in waves of 40 maximum with the first wave being at time shown and subsequent waves at 2 minutes intervals.

Entries will open on Thursday 10th December

(Please note entries cannot be accepted from any athlete living in a Tier 3 area)

Entry fee £9 - Juniors (U13-U17) and £11 - Seniors (includes U20 and Masters)

All entrants must have a SW* qualification by birth or residence.

* The SW Region consists of the following counties Avon, Cornwall, Devon, Dorset, Gloucestershire, Somerset and Wiltshire

Athletes must have either birth or residence qualification in one of these counties to qualify for medals.

Awards (not presented on the day)

Championship Medals to first 3 individuals (must be SW qualified *)

Top 3 Team Medals for Club Teams (5 men to score and 4 to score in all other races)

U20M and U20W and Masters are included as part of senior teams. Clubs must be based in the SW Region* to qualify.

Top 3 Team Medals for SW County Teams* (6 seniors to score and 4 to score in all other races).

**Entry form and further details can be obtained from the
England Athletics South West website**

<http://athleticssw.uk>

Strictly no entries on the day, last day for entry Wednesday 23rd December 2020.