

LEICESTERSHIRE & RUTLAND ATHLETICS ASSOCIATION

94th Cross Country Championships

Saturday 4th January 2020

Burbage Common, Hinckley, Leics, LE10 3DD

INFORMATION DOCUMENT AND PROSPECTUS

(All races are held under UKA/ECCA Rules – Permit MCAA /Applied for)

1. Provisional Timetable & Maximum Distances

(Race times may be adjusted slightly, depending on the course and conditions.)

Time	Age Category	Approximate Distance
11.45pm	Under 17 Women	5km
12.00pm	Under 13 Girls	3km
12.15pm	Under 13 Boys	3km
12.35pm	Juniors/Seniors/Masters Women	8km
1.20pm	Under 15 Girls	4km
1.40pm	Under 15 Boys	4km
1.55pm	Under 17 Men	6km
2.15pm	Juniors/Seniors/Masters Men	10km

2. Age Categories (in accordance with UKA Rule 141 S 3)

Please make sure that you **specify clearly which age group you wish to enter**, otherwise you will be placed in the age group category that accords with your birth date.

Age Groups for Men and Women	Athletes in the U20 may compete as a Senior if they wish.
U13	For athletes who are 12 on 31 st August 2019 or who are aged 11 on the day of competition
U15	For athletes who are aged 13 or 14 on 31 st August 2019
U17	For athletes who are aged 15 or 16 on 31 st August 2019
Junior (U20)	For athletes who are aged 17, 18 or 19 on 31 st August 2019
Seniors	For athletes who are at least 20 years of age on 31 st August 2019
Masters	At least 35 years old on the day of competition

- 3. Entry Details:** We would like to encourage online entries as these are much more efficient for everyone. You can do this on the website link: <https://www.evententry.co.uk/lraa-94th-cross-country-championships> until **10 pm 1st January 2020**.
- 4.** If you do not wish to enter online then please print off the separate form available from the L&RAA website and send it with your entry fee to XC Entries, c/o 19 Shanklin Avenue, Leicester, LE2 3RF **by the earlier closing date of 19th December**. Postal entries will be acknowledged if you provide a mobile or email contact.
- 5.** A limited number of late entries may be available (at the discretion of the Entry Secretary) but will be subject to an additional charge of £10.

6. Entry Conditions

- Entrants **MUST** hold current individual registration with a National Association (e.g. England Athletics) and provide a valid URN. Rule 21 S 1(i). *
- Entries are only acceptable from those who qualify by: birth *or* by 9 months **continuous** residence *or* by serving in the Armed Forces in the counties of Leicestershire and Rutland [Please contact us regarding queries or see Rule 21 S 6 of UKA Competition Rules.]
- Entries are only valid if accompanied by the correct entry fee by the closing date.
- You can only enter in ONE age group category.
- *Club Team Entries will be drawn up by us from the individual entries. There are no team entry forms.*
- Race numbers **MUST** be collected **at least 30 minutes** prior to the race.
- **There is a 75 MINUTE MAXIMUM FOR ATHLETES in the senior/masters category (after this time the finish judges will not record the results).**

* The only exceptions to this condition are those who qualify under Rule 21 S 3(6). By definition, this exception cannot be claimed by anyone who has previously entered the Championships.

7. Entry Fees

- Seniors/Masters/ Junior (Under 20) Age Groups - **£8** per individual in these categories
- Under 17s, Under 15s, Under 13s – **£6** per Individual in these categories
- There are **NO TEAM ENTRY FEES**.

8. Individual County Championship Awards

- The Senior* male and female trophy cups will be awarded to the race winners.
- Individual County medals will be awarded to the first **3** finishers in each race/age group.
- Medals to the first **3** Teams in each age group as per team scoring rule (below).

9. Team Scoring

Only first claim members will be eligible for team competition. Team awards shall be based on the first **THREE** from each Club to finish in each age group race, except for the oldest two male groups: Senior Men's race where the first **FIVE** from that age group shall score; Masters Men's race where the first **FOUR** shall score.

***Note:** No-one can receive more than two awards, one of which can be a team award. Awards can only be taken in the age group **entered**, *other than the Senior Championship Male and Female Trophies which are presented to the first athlete to cross the line in the combined age group race.*

10. County Endurance Running Challenge 2020

This will be the first race in the new County Endurance Running Challenge and points will be awarded to the first 16 across the line in the men's and women's combined Juniors/Seniors/Masters races. Full details of the challenge can be found on the county website.

Numbers will be available at the Registration Desk from 10.15 onwards on 4th January 2019
Programme information, entry updates and venue facility information will be available on the L&RAA website: www.LRAA.org.uk