

LEICESTERSHIRE & RUTLAND ATHLETICS ASSOCIATION
89th Cross Country Championships
Saturday 3rd January 2015 at Foxlands Farm, Cosby, Leics LE9 1SG
INFORMATION DOCUMENT AND PROSPECTUS
 (All races are held under UKA/ECCA Rules – Permit displayed on site)

1. Provisional Timetable & Maximum Distances

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

Time	Age Category	Distance
12.00pm	Under 17 Women	5km
12.15pm	Under 15 Boys	4km
12.30pm	Under 15 Girls	4km
12.50pm	Juniors/Seniors/Masters Women	6km
1.20pm	Under 13 Boys	3km
1.40pm	Under 13 Girls	3km
1.55pm	Under 17 Men	6km
2.15pm	Juniors/Seniors/Masters Men	10km

2. Age Categories (from UKA Rule 507)

Note: UKA Rule 507 states *"The competition year extends from 1st October to 30th September" and the age category is "confined to competitors who are aged [whatever] on the 31st August prior to the commencement of the competition year"*.

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

Age Groups for Men and Women	Junior (U20) Athletes may compete as a Senior if they wish.
Under 13	For athletes who are 12 on 31 st August 2014 or who are aged 11 on the day of competition.
Under 15	For athletes who are aged 13 or 14 on 31 st August 2014
Under 17	For athletes who are aged 15 or 16 on 31 st August 2014
Junior (U20)	For athletes who are aged 17, 18 or 19 on 31 st August 2014
Senior	For athletes who are at least 20 years of age on 31 st August 2014
Master	At least 35 years old on the day of competition

3. Entry Details: Closing date for all paper entries is strictly **13th December 2014 at 5pm**. We would like to encourage online entries and these are available on the website: www.bookitzone.com **until 10 pm 19th December** where you can enter the event date to find the entry details. Or you can find a direct link from your computer or mobile on the Events page of the L&RAA website. If you do not wish to enter on line then please print off the separate form available from the L&RAA website and send it with your entry fee to the L&RAA Secretary, c/o 41 Highcroft Avenue, Oadby, Leics, LE2 5UH **by 13th December**.

4. Entry Conditions

- ❖ 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 9 of UKA Competition Rules.]
- ❖ Individual Entries will only be accepted using the Individual postal or Website Entry Form.
- ❖ You can only enter in ONE age group category.
- ❖ ***There are no block entry forms or facilities this year. There is no need to enter a team as the results will be calculated from the individual entries.***
- ❖ ***You can enter multiple entries online and make one payment for the whole team/family. Try not to duplicate entries– refunds are not easy to organise.***
- ❖ Entries are only valid if accompanied by the correct entry fee by the closing date.
- ❖ Closing date for paper entries is strictly **5pm on 13th December 2014**
- ❖ The closing date for online entries is 10pm **on 19th December 2014**
- ❖ You **MUST** include your EA (England Athletics) number on the entry details if you are a member of a club as this is increasingly a requirement of all athletics events.
- ❖ Please bring your confirmation email or text to the event
- ❖ Individuals **MUST** collect their *own* race number **at least 30 minutes** prior to the race.
- ❖ Paper and on line entries will be confirmed. We will publish a list of entries on the L&R AA website prior to the event.

5. Entry Fees

- Senior/Master/Junior Age Groups - **£7.00** per individual in these categories
- Under 17, Under 15, Under 13 - **£5.00** per individual in these categories
- The correct Entry Fee must accompany the paper Entry Form.

6. Individual Awards

- The Senior County Championships will be awarded to the race winners.
- Individual trophies/medals to the first **3** finishers in each race/age group. (Note - competitors can only receive one individual medal.)
- Medals to the first **3** Teams in each age group as per team scoring rule.
- **Cups and Trophies** in a clean condition **from last year should be returned** to the presentation area prior to the event.

7. Team Scoring

Team awards shall be based on the first three from each Club to finish in each age group race, except for the Senior Men's race where the first FIVE from that age group shall score. [This was changed in 2012 and remains the same.]

8. Presentations

- ❖ **Individual awards** – medals are presented as soon as possible after the race finishes. 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.
- ❖ **Team Trophies** – These are presented during the afternoon when the results have been checked (listen for the announcements).

Numbers/Registration, Course maps will all be available at the Registration Desk from 10.30 onwards on 3rd January 2015.

Please check the L&RAA website for updates and for information about refreshments/parking/changing/toilets: www.LRAA.org.uk