

LEICESTERSHIRE & RUTLAND ATHLETICS ASSOCIATION
90th Cross Country Championships
Saturday 9th January 2016 Burbage Common, Hinckley, Leics
INFORMATION DOCUMENT AND PROSPECTUS
(All races are held under UKA/ECCA Rules – Permit MCAA / 002 / 2016)

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	Athletes in the U20 may compete as a Senior if they wish.
U13	For athletes who are 12 on 31 st August 2015 or who are aged 11 on the day of competition
U15	For athletes who are aged 13 or 14 on 31 st August 2015
U17	For athletes who are aged 15 or 16 on 31 st August 2015
Junior (U20)	For athletes who are aged 17, 18 or 19 on 31 st August 2015
Seniors	For athletes who are at least 20 years of age on 31 st August 2015
Masters	At least 35 years old on the day of competition

3. Closing date for all paper entries is strictly **16th December 2015 at 5pm** (you will receive a text or email to confirm receipt only if you provide mobile or email contact). Closing date **for online entries only** is later.

4. Entry Details: We would like to encourage online entries as these make life more manageable for us over the holiday period. You can do this on the website link: https://bookitzone.com/Leics_Athletics/yj2FFX **until 10 pm 27th December 2015.**

5. 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 the earlier closing date of 16th December.**

6. 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.]
- Entries will only be accepted using the paper entry form or the Website Entry system.
- 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. **Note that you can enter many athletes online and make one payment for all of them (with a discount for multiple entries received from Bookitzone.com)***
- Entries are only valid if accompanied by the correct entry fee by the closing date.
- Closing date for paper entries is strictly **5pm on 16th December 2015**
- The closing date for online entries is **10am on Monday 28th December 2015.**
- Race numbers **MUST** be collected **at least 30 minutes** prior to the race. **Should you wish to collect numbers for others in your team then please a) provide us with a mobile phone number for athletes to find you at the venue; and b) return the bib numbers of athletes who are not competing prior to the start of their race to help with admin.**
- You **MUST** include your EA (England Athletics) number on the entry details if you are a member of a club as this is now a requirement of all races and County Team Managers will need to know this for the County team declarations.
- **NEW – there is a 75 MINUTE MAXIMUM FOR ATHLETES in the senior/masters category (after this time the finish judges will not record the results).**

7. Entry Fees

- Seniors/Masters/ Junior (Under 20) Age Groups - **£7.50** per individual in these categories
- Under 17s, Under 15s, Under 13s – **£5.50** per Individual in these categories
- The correct Entry Fee must accompany the paper Entry Form.
- 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.
- **Cups and Trophies from last year should be returned** to the presentation area prior to the event in a clean condition.

9. Team Scoring

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. Presentations

- **Individual medals** – as soon as possible after the finish of each race
- **Team presentations** – During the afternoon (listen for the announcements)

Numbers and Programmes (including Course maps) are all available at the Registration Desk from 10.30 onwards on 9th January 2016

**Please check the L&RAA website for entry updates and for venue facility information:
www.LRAA.org.uk**