

# WORCESTERSHIRE COUNTY ATHLETIC ASSOCIATION

## 2022 COUNTY CROSS COUNTRY CHAMPIONSHIPS (UNDER UKA RULES)

**Saturday 10th December 2022**

**EVENT COMBINED WITH WARWICKSHIRE COUNTY**

**Venue: Welkin Farm CV23 0JB**

**Hosts: Warwickshire AA**

**Age Groups:** As defined in UKA rules on Cross Country-rule 141 S3 apart from **Masters who need to be over 40** on the day of competition.

RACE	DATES OF BIRTH	DISTANCE	TIME	PRESENTATION	TEAM
U13 Boys	1/9/2009 to 31/8/2011	3000M	11.00	11.40	3 to count
U13 Girls	1/9/2009 to 31/8/2011	3000M	11.03	11.45	3 to count
U15 Boys	1/9/2007 to 31/8/2009	4000M	11.20	12.15	3 to count
U15 Girls	1/9/2007 to 31/8/2009	4000M	11.23	12.20	3 to count
U17 Women	1/9/2005 to 31/8/2007	5000m	11.50	12.55	3 to count
U17 Men	1/9/2005 to 31/8/2007	6000M	12.25	13.30	3 to count
U20 Women	1/9/2002 to 31/8/2005	7000m	13.00	12.55	3 to count
Senior Women	11/12/82 to 31/8/2002	7000m	13.00	14.20	Joint team
Master Women	Before 11/12/1982	7000m	13.00	14.20	3 to count
U20 Men	1/9/2002 to 31/8/2005	10000m	14.00	13.30	3 to count
Senior Men	11/12/82 to 31/8/2002	10000m	14.00	15.15	Joint team
Masters Men	Before 11/12/1982	10000m	1400	15.15	6 to count

**Eligibility:** UKA Rule 21 S6

- By birth in the County
- 9 months continuous residence in the County prior to competition
- By 9 months service in a unit of HM Forces stationed in the County Worcestershire is defined by the pre-1974 boundary and includes parts of Birmingham
- First claim members of out of County clubs may compete for their second claim County club if they
  - meet the eligibility requirements above.
  - are fully paid up second claim members of the club they are representing.
  - do not compete in any other County Championships.

**Rules:**

Only first claim/school athletes can score in team competition, (unless they meet the criteria at d) above)

Only Clubs/Schools affiliated to Worcestershire County are eligible for team awards

Any number of eligible athletes can enter

Official Club colours must be worn

UKA Rules 143 S1 (advertising) (clothing) and 143 S2 (numbers) apply

**Awards:** Presentations on the course as soon as possible after each event (see table above).

Individual & Team Medals within own age group apart from the senior team awards where Masters athletes will count in the scoring team.

**Masters age groups are 40, 50, 60, & 70 (if more than 3 entered). Male & Female.**

If equal team scores the first team to close will be declared the winner.

## **Entry Fees:**

**Masters/Seniors £8.00**  
**All other age groups £6.00**

**Entries:**        **Online entry only will be used this year.**

**Website:** **Entry4Sports**

**Please use this link to access the online site:** <https://entry4sports.com/>

## **Closing Date:**

**Saturday 26<sup>th</sup> NOVEMBER 2022.**  
**NO LATE ENTRIES**

**We will only except Paper Entries in extreme circumstances.**

**Please Email:** [ian-joan.clarke@blueyonder.co.uk](mailto:ian-joan.clarke@blueyonder.co.uk) **for advice on this.**

confirmation of entry and directions will be sent out after the closing date  
Numbers to be collected on the day

## **Further Details.**

Please check the website or the Facebook page for updates and important information prior to the Championships [www.worca.org.uk](http://www.worca.org.uk) <https://www.facebook.com/groups/170115247027756/>

**Online Entry Site Link:** <https://entry4sports.com/>

## **Contact Details for Queries:**

**Email:** [ian-joan.clarke@blueyonder.co.uk](mailto:ian-joan.clarke@blueyonder.co.uk)

**Phone:** 07913 490751

Please be aware that the area used for qualification as a county athlete uses the County Boundary prior to 1976. This does include significant areas of South Birmingham and Dudley. Basically, in Birmingham if you live **WEST** of the Birmingham to Worcester Canal then you can consider yourself inside the Worcestershire boundary.

**Clubs** we must ask you to use the online entries website, this will make processing the entries much easier and quicker for us to combine the entry lists with that of Warwickshire.

There will separate races for Under 13s up to under17s for this Championships. The under 20 athletes will be combined with the Senior & Masters, those who will be eligible under the age categories to compete as seniors at the Inter Counties the team managers will take this performance into account. If any under 20's wish to contest the senior race, please enter as a senior. They would then not be included in the individual or team result for their age group.

## **Anti-doping**

UK Athletics have been working closely with UK Anti-Doping to ensure that we remain compliant with the World Anti-Doping Code and so that athletes can compete knowing that they are doing so on a level playing field. In order to achieve this all competitors (or parents if under 18) must agree to be familiar with and bound by the UK Athletics Anti-Doping rules, which can be found in detail here:

<http://www.uka.org.uk/wp-content/uploads/2021/05/210507-UKA-AD-Rules-3-combined-final.pdf>

*All entrants shall be deemed to have made him/herself familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.*

*The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK.*

For added clarification, the date of entry is the date of the event.

## **Following confusion about selection criteria for the Inter-Counties XC the following arrangements have been decided on by the County Committee:**

These Championships are the main criteria for selection for the Inter Counties Cross Country Championships.

Rita Brownlie will be present on the day and will look after the distribution of invitation forms for the Inter Counties Cross Country.

The female acceptance forms will go to Rita Brownlie, Keith Perry will manage the male teams.

In future on the day of the Championships when the teams are chosen all the invitation letters will be given out to the maximum number, we can enter for the Intercounties XC, and the wording changed to “**will be considered for the Inter Counties team**”.

The **first five will be guaranteed selection**, the rest at the selector’s discretion. The final places will then allow for athletes to be selected who were not able to run on the day. It will be up to the athletes to contact the team manager to confirm their fitness and availability and to ask if they have been selected.

**Please Note:** Any Athlete not able to compete at the County Championships who wishes to be considered for the Inter-County teams must notify the County before the day of the Championships. No consideration will be given to applications after the event.

**Note:** the contact email for this is [ian-joan.clarke@blueyonder.co.uk](mailto:ian-joan.clarke@blueyonder.co.uk)

The closing date is late in November to make it easier for athletes and team managers **but there are consequences.**

There will be **no discussion about late entries.** Please do not embarrass us and you by asking for special treatment after the closing date. The County volunteers have a lot of work to do after the closing date and only a few working days to do this in before Race Day.