

**LEICESTERSHIRE & RUTLAND ATHLETICS ASSOCIATION**  
**95th Cross Country Championships**  
**Saturday 8th January 2022**  
**Burbage Common, Hinckley, Leics, LE10 3DD**  
**INFORMATION DOCUMENT AND PROSPECTUS**  
**(All races are held under UKA/ECCA Rules – Licence No. CC2021/0230)**

**1. Provisional Timetable & Maximum Distances**

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

Time	Age Category	Approximate Distance
11.45pm	U17 Women	5km
12.00pm	U13 Girls	3km
12.15pm	U13 Boys	3km
12.35pm	U20/Seniors/Masters Women	8km
1.20pm	U15 Girls	4km
1.40pm	U15 Boys	4km
1.55pm	U17 Men	6km
2.15pm	U20/Seniors/Masters Men	10km

**2. Age Categories (in accordance with UKA Rule T3 (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 opt to compete as a Senior if they wish.
<b>U13</b>	For athletes who are 12 on 31 <sup>st</sup> August 2021 or who are aged 11 on the day of competition
<b>U15</b>	For athletes who are aged 13 or 14 on 31 <sup>st</sup> August 2021
<b>U17</b>	For athletes who are aged 15 or 16 on 31 <sup>st</sup> August 2021
<b>U20</b>	For athletes who are aged 17, 18 or 19 on 31 <sup>st</sup> August 2021
<b>Seniors</b>	For athletes who are at least 20 years of age on 31 <sup>st</sup> August 2021
<b>Masters</b>	At least 35 years old on the day of competition

**3. Entry Details:** Entries are online only. You can do this on the website link:

<https://www.evententry.co.uk/lraa-95th-cross-country-championships-2022> until **10 pm 5th January 2022**.

**4.** A limited number of late entries may be available (at the absolute discretion of the Entry Secretary) but will be subject to an additional charge of £10.

**5. Entry Conditions**

- Entrants **MUST** hold current individual registration with a National Association (e.g. England Athletics) and provide a valid URN. Rule G2 (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 G2 (21) S 6 of UKA Competition Rules.]

- 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 and first aid cover will be withdrawn).**

\* The only exceptions to this condition are those who qualify as 'unattached' under Rule G2 (21) S 3(6). By definition, this exception cannot be claimed by anyone who has previously entered the Championships.

## 6. Entry Fees

- Seniors/Masters/U20 Age Groups - **£10** per individual in these categories
- U17s, U15s, U13s – **£8** per Individual in these categories
- There are NO TEAM ENTRY FEES.

## 7. 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).

## 8. Team Scoring

Only first claim members of clubs affiliated to L&RAA 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 being 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.*

Numbers will be available at the Registration Desk from 10.15 onwards on 8th January 2022  
**Programme information, entry updates and venue facility information will be available on the L&RAA website: [www.LRAA.org.uk](http://www.LRAA.org.uk)**