

**LEICESTERSHIRE & RUTLAND ATHLETICS ASSOCIATION**  
**98th Cross Country Championships**  
**Saturday 4th January 2025**  
**Burbage Common, Hinckley, Leics, LE10 3DD**  
**INFORMATION DOCUMENT AND PROSPECTUS**  
**(All races are held under UKA/ECCA Rules – Licence No. CC2024/1465)**

**1. Provisional Timetable & Maximum Distances**

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

Time	Age Category	Approximate Distance
11.15am	U11 Girls and Boys (Development Race)	1.6km
11.45am	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. Categories (in accordance with UKA Rule T3 S3, with the exception of Masters)**

For those over 40, please make sure that you **specify whether you wish to enter as Senior or Master.**

Age Groups for Men and Women	Athletes in the U20 may opt to compete as a Senior if they wish.
<b>U11</b>	For athletes who are aged 10 on 31st August 2024 or 9 on the day of competition
<b>U13</b>	For athletes who are aged 11 or 12 on 31 <sup>st</sup> August 2024
<b>U15</b>	For athletes who are aged 13 or 14 on 31 <sup>st</sup> August 2024
<b>U17</b>	For athletes who are aged 15 or 16 on 31 <sup>st</sup> August 2024
<b>U20</b>	For athletes who are aged 17, 18 or 19 on 31 <sup>st</sup> August 2024
<b>Seniors</b>	For athletes who are at least 20 years of age on 31 <sup>st</sup> August 2024
<b>Masters</b>	At least 40 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-98th-cross-country-championships-2025>

until **10 pm 1st January 2025.**

**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.

**5. Entry Conditions**

- All entrants, except those for the U11 Development Race, **MUST** hold current individual registration with a National Association (e.g. England Athletics) and provide a valid URN. Rule G2 S1. \*
- Entries (with the exception of U11) 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 S6 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).**
- An entrant shall be deemed to have made him/herself/their self, 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 licence holder is a citizen of, or resident in, the UK.

\* The only exception to this condition (other than U11s) is for those who qualify as 'unattached' under Rule G2 S3(6). By definition, this exception cannot be claimed by anyone who has previously entered the Championships.

## 6. Entry Fees

- Seniors/Masters/U20 Age Groups - **£12** per individual in these categories.
- U17s, U15s, U13s – **£10** per Individual in these categories.
- U11s - **£6** per individual.
- 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.

## 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. Due to low numbers, there will be no team awards in the U20 category. U20 athletes will count towards the senior team competition.

**\*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 10.00 onwards on 4th January 2025  
**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)**