

LEICESTERSHIRE & RUTLAND ATHLETICS ASSOCIATION
99th Cross Country Championships
Saturday 3rd January 2026
Rotherby Lodge Farm, Rotherby, LE14 2LL
INFORMATION DOCUMENT AND PROSPECTUS
(All races are held under UKA/ECCA Rules – Licence No. CC25/1802)

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)	1.8km
11.30am	U13 Girls	3km
11.45am	U13 Boys	3km
12.00pm	U15 Girls	4km
12.15pm	U15 Boys	4km
12.35pm	U17 Women	5km
1.00pm	U17 Men	6km
1.30pm	U20/Seniors/Masters Women	8km
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	
U11	For athletes who are aged 10 on 31st August 2025 or 9 on the day of competition
U13	For athletes who are aged 11 or 12 on 31 st August 2025
U15	For athletes who are aged 13 or 14 on 31 st August 2025
U17	For athletes who are aged 15 or 16 on 31 st August 2025
U20	For athletes who are aged 17, 18 or 19 on 31 st August 2025
Seniors	For athletes who are at least 20 years of age on 31 st August 2025
Masters	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-99th-cross-country-championships-2026>
until **10 pm 30th December 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. *
- Only 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 will be eligible for County medals and team awards. [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. Unattached entrants in the U20 and older categories will be asked to pay the additional £2 unattached levy when collecting their race numbers.

6. Entry Fees

- Seniors/Masters/U20 Age Groups - **£14** per individual in these categories.
- U17s, U15s, U13s – **£12** per Individual in these categories.
- U11s - **£7** per individual.
- At the request of the landowners, entry fees include a £2 charitable donation to local causes in lieu of parking fees.
- 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 3rd January 2026
Programme information, entry updates and venue facility information will be available on the L&RAA website: www.LRAA.org.uk