LEICESTERSHIRE & RUTLAND ATHLETICS ASSOCIATION
100th Cross Country Championships
Saturday 12th December 2026
Rotherby Lodge Farm, Rotherby, LE14 2LL
INFORMATION DOCUMENT AND PROSPECTUS
(All races are held under UKA/ECCA Rules – Licence No. CC26/2075)

1. **Provisional Timetable & Maximum Distances**

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

Time	Age Category	Approximate Distance
10.45am	U10 Girls & Boys (Development Race)	1km
11.00am	U12 Girls	1.8km
11.15am	U12 Boys	1.8km
11.30am	U14 Girls	3km
11.45am	U14 Boys	3km
12.00pm	U16 Girls	4km
12.15pm	U16 Boys	4km
12.35pm	U18 Women	5km
1.00pm	U18 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 40 and over, please make sure that you **specify whether you wish to enter as Senior or Master.**

Age Groups for Men and Women	
U10	For athletes who are aged 9 on 31st August 2027 or 8 on the day of competition.
U12	For athletes who are aged 10 or 11 on 31st August 2027
U14	For athletes who are aged 12 or 13 on 31st August 2027
U16	For athletes who are aged 14 or 15 on 31st August 2027
U18	For athletes who are aged 16 or 17 on 31st August 2027
U20	For athletes who are aged 18 or 19 on 31st August 2027
Seniors	For athletes who are at least 20 years of age on 31st August 2027
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-100th-cross-country-championships-2026 until **10 pm 8th December 2026**.
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 U10 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 U10s) 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 - **£13**.
- U18s, U16s, U14s, U12s – **£11**.
- U10s - **£7**.
- 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 9.30am onwards on 12th December 2026
Programme information, entry updates and venue facility information will be available on the L&RAA website: www.LRAA.org.uk