

# U.K. Counties Athletic Union

Affiliated to UK Athletics Limited  
President: JENNY MEADOWS



Dear Colleague

29<sup>th</sup> November 2019

## 2020 UK INTER COUNTIES CROSS COUNTRY CHAMPIONSHIPS

I wish to inform you that the 2020 UK Inter Counties Cross Country Championships, supported by British Athletics, will be held in the Grounds of Prestwold Hall, Loughborough on Saturday 7<sup>th</sup> March 2020. Please **NOTE** that **ALL** entries are to be done online again this year and no later than Friday 31<sup>st</sup> January 2020.

### Entry Details:

Each County/District is invited to enter up to 12 athletes per event with 8 to run and 4 only to score for team awards, with the exception of the Senior Men and Senior Women's races, which shall be 15 to enter, with 9 to run and 6 to score for the team.

### Age Groups: For Entries to the CAU:

These are as defined by the U.K. Athletics:

Boys and Girls under 13 years as at Midnight 31<sup>st</sup> August/1<sup>st</sup> September 2019

(Note: - An Athlete may compete in the Under 13 years age group on reaching the age of 11 years on the day of the competition).

Boys and Girls under 15 years as at Midnight 31<sup>st</sup> August/1<sup>st</sup> September 2019

Men and Women under 17 years as at Midnight 31<sup>st</sup> August/1<sup>st</sup> September 2019

Men and Women under 20 years as at Midnight 31<sup>st</sup> December 2020

Senior Men and Women over 20 years as at Midnight 31<sup>st</sup> December 2020

**Entry Fees: £15 per Team. And payment online**

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## Awards:

UK County Athletic Union Championship Plaques will be awarded to the first three individuals to finish and Medals to the four scoring members of the first three teams to finish, excepting for the Senior Men and Senior Women's races which shall be the six scoring team members. UK CAU Medals will also be awarded to the most improved team in the Senior Men's races.

UK CAU Inter County Championship Trophies shall be awarded to the first Senior Men's team to finish nine runners, the Most Improved Team in the Senior Men's and the best overall performance in the championships.

Please note that the Presentations of Individual and Team awards will take place on the course at 13.00 for first four races, and again at 14.40 and leaving the Senior Men's when its ready.

Please also note that the Senior Men and Women will be running the same distances as per the IAAF rules ie 10K

**ONLINE ENTRIES:** - Go to [www.race-results.co.uk/ukcau.htm](http://www.race-results.co.uk/ukcau.htm)

Note that you may need to set up a new account on the system if you do not have an account for your county entries – club entry accounts are not valid.

You will be able to add/delete athletes if required (until the entry closing date) by logging back into your entry.

**ONLINE PERMITS PARKING:** - Go to [www.race-results.co.uk/ukcauparking.htm](http://www.race-results.co.uk/ukcauparking.htm)

**This is for Coach, Minibus, People Carrier and Disabled only**

Acknowledgement of your County/District entry together with travel, parking and changing information will be forwarded to Team Managers following the receipt of your **entry**.

Yours Sincerely,

**Joe Mower**  
**Cross County Secretary**  
**Telephone 01473 216289**  
**Email: [joseph.mower@ntlworld.com](mailto:joseph.mower@ntlworld.com)**