

# U.K. Counties Athletic Union

Affiliated to UK Athletics Limited  
President: PETER MATTHEWS



BRITISH  
ATHLETICS



Dear Colleague

November 2016

## 2017 UK INTER COUNTIES CROSS COUNTRY CHAMPIONSHIPS

I wish to inform you that the 2017 UK Inter Counties Cross Country Championships, supported by British Athletics, will be held in the Grounds of Prestwold Hall, Loughborough on Saturday 11<sup>th</sup> March 2017. Please **NOTE** that **ALL** entries are to be done online again this year and no later than Friday 3<sup>rd</sup> February 2017.

### 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 2016

(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 2016

Men and Women under 17 years as at Midnight 31<sup>st</sup> August/1<sup>st</sup> September 2016

Men and Women under 20 years as at Midnight 31<sup>st</sup> December 2017

Senior Men and Women over 20 years as at Midnight 31<sup>st</sup> December 2017

**Entry Fees: £10 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 Mens races.

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

Please note that the Presentations of Individual awards will take place on the course immediately after the finish of each race.

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

Note that you will need to set up a new account on the system, even if you already have an account for your club entries.

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

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)**