

Cambridgeshire Athletic Association - Cross Country Championships 2025
Priory Park, Huntingdon Road, St Neots - Sunday 5th January 2025
(run under UK Athletics Rules)

Rules for entry

This year entry is online at <https://data.opentrack.run/en-gb/x/2025/GBR/camxc/> .There are no paper entries.

Closing date for entries – 23.59 on Mon 23rd December 2024 – unfortunately no entries can be accepted after this date.

The person(s) completing the entry will be responsible for entries being correct. Incorrect entries may lead to disqualification on the day.

NO LATE ENTRIES OR ENTRIES ON THE DAY – you can check that you are entered by looking on the list of entries on the Opentrack link above.

Entry fees: £5.00.

Unattached Senior and Vet athletes to pay a £2 additional levy - non-payment will result in exclusion from the event results.

Check carefully – No athlete shall join a cross-country race into which they are not qualified (eligible) to compete. Athletes infringing this rule shall be liable to expulsion from any race under the jurisdiction of UK Athletics and could also render their club liable to disqualification.

Athletes aged 11 and above should ideally (but not essentially) be registered with England Athletics, and have a URN number.

Club Vests - The correct club vest must be worn; otherwise, individuals (and teams) may be disqualified.

Awards – Cambridgeshire AA medals will be awarded to the first three individuals and the first three teams in each **age group**, including under 11's

Athletes - all athletes must have eligibility to compete in the Cambridgeshire Championships either by birth, residence or armed forces as per UKA rules. Athletes may not compete in the championships of, or represent, more than one County during the competition year.

England athletics registration is not a condition of entry, but if you have an EA registration number, please quote it. It may make your registration process faster.

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.'

Teams

- Only teams from clubs affiliated to Cambs AA are eligible for team medals. (2024/25 year affiliation applies)
- Senior men - The first 6 to score. The senior team can comprise of seniors, vets and under 20's. (The first 6 to finish score for team 'A', if the team consists of 6 or more; the next 6 constitutes team 'B' and so on).
- Senior women - The first 3 to score. The senior team can comprise of seniors, vets and under 20's. (The first 3 to finish score for team 'A', if the team consists of 3 or more; the next 3 constitutes team 'B' and so on).
- All other age groups - 3 to score (the first three to finish score for team 'A', if the team consists of 3 or more; the next three constitutes team 'B' and so on).
- Masters teams can be comprised of runners from any veteran category.
- All athletes qualifying for a club team must be either 1st claim members of that club, or 2nd claim members of that club if their first claim club was not affiliated to Cambridgeshire AA in 2023/24.

Numbers – Will be issued to club representatives at the event registration on the day.

First Aid – Qualified first aiders will be in attendance. **Changing** – Pavilion in Priory Park.

Parking – Please park in Almond road, which is adjacent to Priory Park. (PE19 1DZ) Please do not park in the local housing estates as this causes complaints from local residents. Additional parking has been arranged at Longsands school.

Age groups - as specified in the UK Athletics Rules.

Age groups are based on the athlete's age as on 31st August 2024 for all age-groups except Masters.

- The Under 13 age group shall be confined to competitors who were aged 11 or 12 on 31st of August 2024
- Under 11's must be aged at least 8, 9 or 10 on the day of competition.
- Masters – age as on the day of competition
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Masters Competition medal categories:- Men : 40/50/60/70 Women: 35/45/55/65

First event 10.00am

Event secretary – Rachel Waterworth - email: rwaterworth@hotmail.co.uk

Cambs AA Cross-country Championships Timetable 2025

Age-group	Race Time	Distance
U11 Boys	10.00	1.7K
U11 Girls	10:10	1.7 K
U13 Boys	10:20	2.9 K
U13 Girls	10:35	2.9 K
U15 Girls	10.45	4.3 K
Senior Men, Under 20 Men, Vet. Men	11:10	10 K
Senior Women, U20 Women, Vet. Women plus U17 men	12.05	5.8K
U15 Boys/Under 17 Women	12.40	4.8 K

Parking – Please use parking in Almond Road (PE19 1DZ) or other properly designated parking areas. Please do not Park in the adjacent Housing estates as this causes aggravation to local residents and may affect future use of the venue.