

Bedfordshire Amateur Athletic Association

(Including Buckinghamshire AA County Championships)

Present the

94th Annual Cross Country Championships

on

Saturday 14th December 2024

at

Campbell Park, Milton Keynes MK9 4AD

Timetable (Distances are approximate)

11.00	Under 11 Girls	2 Km	11.15	Under 11 Boys.	2Km
11.30	Under 13 Girls	2.6Km	11.45	Under 13 Boys.	2.6Km
12.00	Under 15 Girls	3.9Km	12.15	Under 15 Boys	3.9Km
12.30	Under 17 & U 20 Women	5.1Km	13.14	U20 Men/Vet 60+ Men	6.9Km
			13.15	Senior/Vet 40-59 Men	10Km
14.15	Senior/Vet 35/54 Women	7.5Km			
14.16	Vet Women 55+ 60+.	6.2Km	14.35	Under 17 Men	6.2Km

* Please note that the U11 Races are Non-Championship races

Closing Date for Entries Sunday 8th December 2024

Entry Fee: Seniors and Vets £10.00 All other age groups £8.00

Age categories: Under 11(at least 9), Under 13, Under 15 and Under 17 age groups at 31.08.2024
Under 20 at 31.12.2025 - Veteran age groups change on birthday.

Team Competition: 3 to score, (U17 and U20 Women combined team prize) except veteran men 6 to score and senior men 6 to score (vets can score in seniors and vet teams) – Men Vet Team combined team award 40+/50+ & Vet Team V60+ – Women Vet Team award 35+ & Vet Team 55+

Numbers: These will be available in Club envelopes on the day from Campbell Park MK9 4AD. Numbers must be worn on the front of vests.

County Representation: Athletes wishing to compete for the County are **expected** to compete in the County Championships. The first 3 in each race (Seniors 5) will gain automatic selection for the CAU Inter-Counties Championships on 9th March.

Club Vests: All athletes must wear the vest of his/her first claim Club. Athletes in a school team should wear School vests and School selection takes precedence over Club (UKA Rule 5).

Parking: In roads around Campbell Park or at John Lewis Car Park in Milton Keynes

Facilities: Portable toilets will be provided in Campbell Park
Refreshments will be available all day from the mobile catering unit in the Park

Course: The course is on grassland and ideal for spikes.

Trophies: It is the responsibility of all individuals and Clubs who are in possession of a perpetual trophy to return it at the event, to either Richard Inchley or Steve Bowley. Trophies should be engraved appropriately and returned in a clean condition. **Failure to follow this procedure will result in the individual or Club not being allowed to compete in this years Championship.**

Presentations: It is hoped that the first five races' presentations will take place at approximately an hour after the race has finished, but certainly as soon as possible. The final three races' awards, will be presented as soon as possible after the last race.

Bedfordshire Amateur Athletic Association

Entry Form – Cross Country Championships

Saturday 14th December 2024

Please enter the under mentioned athletes from _____ (Club)

I hereby declare that all entrants are eligible to compete according to the Laws governing Cross Country issued by UK Athletics.

The entrants were all born in Bedfordshire or have resided in the County for the last nine months, and have not competed in another County's Championships or run for another County in the last calendar year. **Trophy holders (Clubs and individuals) must return the trophy before the event, otherwise will be deemed not eligible to compete.**

PLEASE COMPLETE IN BLOCK LETTERS

Name of Competitor	Full Postal Address	EA Registration No.	Post Code	Date of Birth	Age Group

Entry Fee: Seniors and Vets £10.00 all other age groups £8.00 preferably paid by bank transfer: Sort Code 53-70-11 Account 45528624

Signed.....Print..... Position in Club (If applicable)

Address.....

..... Post Code.....

Contact Telephone Numbers/email.....

Closing Date (No exceptions) – Sunday 8th December 2024

**To: Richard Inchley 10 Bridgnorth Drive, Kingsmead, Milton Keynes MK4 4AN
Tel: 01908 507017 – email: rinchley@ hotmail.com**