## HERTFORDSHIRE COUNTY AMATEUR ATHLETICS ASSOCIATION

## President - Mr Brian Fowler

CROSS COUNTRY CHAMPIONSHIPS 2025(under UKA rules)

at TRENT PARK, COCKFOSTERS

SATURDAY 4th JANUARY 2025 starting at 11 am

##### ENTRIES

Entries close on 27th December 2024

ENTRY FEE £9 per runner (no team fee).

###### TEAMS

Senior Men 6 to score

Senior Women 4 to score

All other age groups 3 to score

Enter via <https://my.raceresult.com/317960/>

Prior to entering any queries should be addressed to Mrs S Gandee,4 Westfield Road, Hertford, Herts, SG14 3DJ (01992-582208)

[sally@gandee.org.uk](mailto:sally@gandee.org.uk)

**AGE GROUPS**

Under 11 9 or 10 years old on 31.8.24

Under 13 11 or 12 years old on 31.8.24

Under 15 13 or 14 years old on 31.8.24

Under 17 15 or 16 years old on 31.8.24

Under 20 17,18,19 years old on 31.8.24

Senior 20 years and older on 31.8.24

PROVISIONAL TIMETABLE (with approximate distances)

**11.00am U/11 BOYS 1500m**

**11.05am U/11 GIRLS 1500m**

**11.15am U/13 BOYS 3000m**

**11.20am U/13 GIRLS 3000m**

**11.40am U/15 BOYS 4500m**

**11.42am U/15 GIRLS 4500m**

**12.00pm U/17 WOMEN 6000m**

**12.00pm U/20 WOMEN 6000m**

**12.05pm U/17 MEN 6000m**

**12.40pm U/20 MEN 8000m**

**12.40pm SEN WOMEN 8000m**

**1.30pm SEN MEN 11750m**

# **RULES**

No competitor may be entered in more than one County's championships - qualification is by birth or residence (UKA Rule G2 S6 (1) applies). Only HCAAA affiliated clubs and schools will be eligible for team medals.

# **NUMBERS**

# Numbers to be collected from race HQ

**RESULTS**

Chip timing will be used in all races.

# **MEDALS**

Medals will be awarded to the first 3 individuals in each age group and to the first 3 teams eligible in each age group.

# **COURSE MARSHALS**

***These officials are vital for the successful staging of these Championships -*** each Club should provide two people to do this job on the day. Those Clubs that do not provide this support should send £10 for each Marshal not provided to defray the expenses of others who may have to be recruited. Clubs already providing two or more appointed officials are excused from providing marshals – unless, of course, they have volunteers willing to add to the ranks!!

Approximately 20-25 marshals will be needed.

# **COUNTY TEAMS**

The County XC team managers may hand out a letter at the end of each race.  They will look at the leading runners but reserve the right to select athletes who have a good reason for not running in January.  There are no teams for U11 athletes, but there are teams for all other age-groups from U13 to senior.

The team managers are currently

James McDonald for the male athletes

Gill Jubb for the female athletes

**CAR PARKING**

Limited car parking is available, and car sharing is advised.