

SURREY ATHLETICS

CROSS COUNTRY CHAMPIONSHIPS SATURDAY 7th JANUARY 2023 at Lloyd Park Croydon

Held under UKA Rules for Competition; Licence Number CC2022/0456

Entry Fee £8 per athlete First race at 10.30am;

Entries close at Midnight on Monday 2nd January 2023

All athletes must have a current and valid EA registration number in order to enter.

RACE INFORMATION

TIMETABLE

Note that there is one change to previous timetables at Lloyd Park. The U17/U20 Women will use the same course as the U17/U20 Men. These races will now run back-to-back as races 3 and 4.

TIME	EVENT	DIST. approx	AGE-	TEAM
10.30	BOYS UNDER 13	3km	*Aged 11 or 12 on 31 August of the previous year	4 to score
10.50	GIRLS UNDER13	3km		4 to score
11.15	MEN U17	6km	U17 must be aged 15 or 16 U20 must be aged 17,18 or19 on 31 August of the previous year	4 to score
	& MEN U20			3 to score
11.45	WOMEN U17&U20	6km	U17 must be aged 15 or 16 U20 must be aged 17,18 or19 on 31 August of the previous year	This is a combined U17/U20 team 3 to score
12.05	SENIOR WOMEN	8km	At least 19 on 31 August of the previous year	4 to score
13.00	BOYS UNDER 15	4km	Aged 13 or 14 on 31 August of the previous year	4 to score
13.20	GIRLS UNDER 15	4km	Aged 13 or 14 on 31 August of the previous year	4 to score
13.45	SENIOR MEN	12km	At least 19 on 31 August of the previous year	6 to score

**Note the rule change in 2022. Athletes can no longer compete in cross country on their 11th birthday. They must be 11 on or before 31 August before the autumn / winter season.*

FACILITIES

We have paid for use of the changing in the pavilion, so our athletes are welcome to use them. There are Public Toilets in the pavilion block and we will have additional portaloos located by the bowling greens.

Please put club banners and tents in the south west corner of the park bordered by the bowling green and tennis courts. OR on the bank around the car park BUT BEHIND THE NEW LINE OF TREES.

Members of Croydon Harriers will have their usual stall serving drinks and snacks

TRAVEL	Please arrive by tram, if possible. Lloyd Park Tramlink is within a 1-minute walk of the start/finish area.
PARKING	<p>Car parking is very limited. If you are coming by car, please car share and DO NOT park in the car park in Coombe Road by the tram stop which will be full. In any case this has a strict 3 hour limit. You may park in nearby roads (in marked bays only).</p> <p>There are other car parking spaces further along Coombe Road / Coombe Lane. Try the car park on the corner of Oaks Road and Coombe Road or in Sunken Road by the Coombe Lane Tram Stop. This may mean a 15 minute walk or in some cases taking a tram one stop to Lloyd Park.</p> <p>ALLOW PLENTY OF TIME TO PARK AND THEN GET TO THE START AND TAKE CARE WHEN CROSSING COOMBE ROAD / COOMBE LANE OR THE TRAMWAY. USE LIGHT CONTROLLED CROSSINGS IF POSSIBLE.</p>
ENTRY FEES	£8 per individual entrant
TEAMS	You do not have to enter teams and there is no additional fee for a team. There is no limit to the number of athletes that you can enter from any club.
	<p>Entries close at Midnight on Monday 2nd January 2023</p> <p>NO LATE ENTRIES CAN BE ACCEPTED & SORRY NO REFUNDS</p> <p>The Open Track system validates the athlete's eligibility status, and all entries must be taken through Open Track so no transfers can be accepted.</p>
SURREY ELIGIBILITY	All athletes taking part must have either been born in "Surrey" or have a residential claim. Note that "SURREY" includes most southwest London Boroughs. Full Surrey qualification rules can be found at http://www.surreyathletics.org.uk/qualification .
VESTS	CLUB VESTS MUST BE WORN
RACE NUMBERS	Team managers please collect numbers from the registration tent.
CHIP TIMING	This year we will use chips stuck to the back of your race number. They do not have to be returned. You must wear the bib number as supplied, it must not be cut or folded. Every athlete MUST WEAR THE NUMBER & CHIP ASSIGNED TO THEM (your name will be on the label on the back) OR RESULTS WILL BE INVALIDATED.
U20 NUMBERS	The U20s run alongside U17 athletes. All U20 athletes will also get TWO cards labelled "20". One must be worn on the back of your vest for the benefit of other athletes and the other must be worn on the front of your vest above the bib number for the benefit of County selectors who will be at the finish line. .
TEAM COMPETITION RULES	<p>Team medals are only given to Clubs affiliated to SCAA</p> <p>To be eligible for Team Competition individual athletes must:</p> <p>(i) run for their first claim, Surrey affiliated, club.</p> <p>(An athlete whose first claim club is NOT affiliated to the County CAN run in the name of a club affiliated to the County if they are registered 2nd claim. An</p>

athlete who has first and second claim status with two SCAA affiliated clubs **CANNOT run for the 2nd claim club under any circumstances.**)

(ii) we will score the first 3, 4 or 6 runners (according to age and the schedule above) from every club as the Team. Scores are calculated on aggregated finishing positions; lowest will win. In the event of a tie the team that is first to close in their final scoring runner will be placed ahead.

MEDALS

The SCAA president will present medals as soon as possible after every race. There will be a presentation area close to the finish line.

QUERIES

Please email entries@surreyathletics.uk

ANTI-DOPING

England Athletics insist that we include the following statement:
All entrants shall be deemed to have made him/herself 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 entrant is a citizen of, or resident in, the UK.

RACE OFFICIALS AND MARSHALS:

We have a good number of experienced, UKA licensed, County officials to manage the key tasks.

But we must also cover about 18 course marshalling duties for well over 5 hours. We need as many volunteers as possible so that we can manage a rotation throughout the day. *If you have club members or friends who are able to spare some time during the day can you please contact the County officials secretary for endurance events, via enduranceofficials@surreyathletics.uk*