



MIDLAND CROSS COUNTRY ASSOCIATION 2017 Midland Championship 28th January at Prestwold Hall Loughborough

(Closing date Friday 6th January 2017)

Senior athletes must be 20 years and over at midnight 31st August / 1st September 2016.
Junior athletes ages are as at midnight 31st August / 1st September 2016.

Clubs may enter as many athletes as they wish.

The Midland Counties are:

Avon, Herefordshire, Gloucestershire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Worcestershire

Midland Eligibility – All competitors must have one of the following qualifications

- The athlete having been born in the Midland Counties (as above).
- A minimum of 9 months continuous residence in the Midlands immediately prior to the event.
NB: University Residence does not count as a Midlands qualification.

Members of the South West Region of England Athletics, Derbyshire and Lincolnshire

May also enter this event in 2017. Any Individual or Team from these areas finishing in the top three overall will be awarded **EA Tri-Region** medals only. You may only compete in one Area Championship in any 12 months.

Qualification for entering the Midland Team Championships.

- a) First Claim membership of a Club within the Midlands competition area that is affiliated to England Athletics for Cross Country and is a paid-up member of the EA Registration scheme.
- b) Midland Universities/Colleges may enter and run in the team race if the University/College is affiliated to England Athletics for Cross Country and enters a team in the Championships. All athletes must pay the individual fee and can only compete for the team providing their first claim club is not also competing in the competition.
- c) An athlete that does not have Midland eligibility, yet runs for a Midland eligible Club may run for that Club and score in the Team event, although they will not be eligible for an individual award.

FOREIGN ATHLETES: Clubs may register as many foreign athletes registered with UKA as necessary but the composition of any scoring team can include **ONLY TWO** foreign registered athletes.

Entry Fee: Senior:£9.00 per Individual, Junior £6.00 per Individual

All athletes entered must be registered (and paid up) with England Athletics and be first claim members eligible to represent the Club according to ECCA Championship regulations.

This Club agrees to abide by the Midland Cross Country Association Rules

(Any rule not catered for in these, shall be as the ECCA rules for competition).

The organisers reserve the right to refuse entries and revise dates when necessary.