

# U.K. Counties Athletic Union

Affiliated to UK Athletics Limited  
President: JENNY MEADOWS



Dear Colleague

28<sup>th</sup> November 2022

## 2023 UK INTER COUNTIES CROSS COUNTRY CHAMPIONSHIPS

I wish to inform you that the 2023 UK Inter Counties Cross Country Championships, supported by British Athletics, will be held in the Grounds of Prestwold Hall, Loughborough on Saturday 11<sup>th</sup> March 2023. Please **NOTE** that **ALL** entries are to be done online again this year and no later than Monday 30<sup>th</sup> January 2023.

### Entry Details:

Each County/District is invited to enter up to 12 athletes per event with 8 to run and 4 only to score for team awards, with the exception of the Senior Men and Senior Women's races, which shall be 15 to enter, with 9 to run and 6 to score for the team.

**Age Groups:** For Entries to the CAU:

These are as defined by the U.K.Athletics:

Boys and Girls under 13 years as at Midnight 31<sup>st</sup> August/1<sup>st</sup> September 2022

Boys and Girls under 15 years as at Midnight 31<sup>st</sup> August/1<sup>st</sup> September 2022

Men and Women under 17 years as at Midnight 31<sup>st</sup> August/1<sup>st</sup> September 2022

Men and Women under 20 years as at Midnight 31<sup>st</sup> December 2023

Senior Men and Women over 20 years as at Midnight 31<sup>st</sup> December 2023

**Entry Fees: £20 per Team. And payment online**

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## Awards:

UK County Athletic Union Championship Plaques will be awarded to the first three individuals to finish and Medals to the four scoring members of the first three teams to finish, excepting for the Senior Men and Senior Women's races which shall be the six scoring team members. UK CAU Medals will also be awarded to the most improved team in the Senior Mens races.

UK CAU Inter County Championship Trophies shall be awarded to the first Senior Mens team to finish nine runners, the Most Improved Team in the Senior Mens and the best overall performance in the championships.

Please note that the Presentations of Individual and Team awards will take place on the course at 13.00 for first four races, and again at 14.40 and leaving the Senior Mens when its ready.

**ONLINE ENTRIES:-** Go to [www.race-results.co.uk/ukcau.htm](http://www.race-results.co.uk/ukcau.htm)

Note that you may need to set up a new account on the system if you do not have an account for your county entries – club entry accounts are not valid.

You will be able to add/delete athletes if required ( until the entry closing date ) by logging back into your entry.

**ONLINE PERMITS PARKING:-** Go to [www.race-results.co.uk/ukcauparking.htm](http://www.race-results.co.uk/ukcauparking.htm)

**This is for Coach, Minibus, People Carrier and Disabled only**

Acknowledgement of your County/District entry together with travel, parking and changing information will be forwarded to Team Managers following the receipt of your **entry**.

Yours Sincerely,

**Joe Mower**  
**Cross County Secretary**  
**Telephone 01473 216289**  
**Email: josephgmower@hotmail.com**