



UKA Permit: CC2023/1019

These championships will be held on **Saturday 6<sup>th</sup> January 2024** at **Lightwater Valley**, North Stainley, Ripon, North Yorkshire, HG4 3HT  
[www.lightwatervalley.co.uk](http://www.lightwatervalley.co.uk)

**It's important that the prospectus is read in full by everyone. If you are submitting your entry on a club entry form, please ensure all your athletes have access to this information.**

There is ample parking in the car park so please ensure there is no parking on the roadside. Please follow the directions and maintain a low speed.

**PLEASE USE ONLY THE PATHWAY MARKED FROM THE MAIN ENTRANCE, AND DO NOT APPROACH ANY OF THE ATTRACTIONS**

There will be plenty of portaloos at Lightwater Valley, there are no changing/shower facilities. There is plenty of space for club tents; access will be via footpaths from the main entrance to Lightwater Valley, more details will follow with the course map.

*We are very lucky to have access to such a beautiful and well-maintained location, please leave it as you found it. Ensure all belongings are cleared and all rubbish is deposited in the bins.*

**NO DOGS ARE ALLOWED ON THE SITE.**

A provisional course map with lap details is available, but may be subject to change at any time

**RACES WILL BE HELD AS FOLLOWS**

<b>Age Group</b>	<b>Approximate Distances</b>	<b>Time</b>
u13 Girls	2,550m	11.00 am
u13 Boys	2,550m	11.15 am
u15 Girls	3,900m	11.35 am
u15 Boys	4,450m	12 Noon.
u17 Women	4,450m	12.20 pm
U20 Women	6,350m	12.45 pm
Senior Women	8,250m	12.45 pm
u17 Men	6,350m	1.45 pm
U20 Men	8250m	2.10 pm
Senior Men	10,150	2.10 pm

**Recording of finishers in the Senior men's race will cease 1 hour after the start**  
**Please note that regardless of an individual entry form or block entry form being completed, on the day of the championships all vest numbers for each club must be collected and signed for by one team manager/representative.**

**Numbers will only be handed out to individual athletes if they are the sole representative of a club.**

**Please ensure all club members know who their club representative is and where they can locate their vest numbers.**

**A pen system may be used at the start of the Championships, to aid with the progression of athletes. Details of pen numbers will be given on the day to team managers or in the case of a sole entry to that individual, once allocated there will be no changes to pen numbers, other than for health and safety reasons, at the request of the referee.**

### **AGE GROUPS FOR THESE CHAMPIONSHIPS**

U13 Girls/Boys must be at least 11 or 12 years of age at midnight 31<sup>st</sup> August 2023

U15 Girls/Boys must be 13 or 14 years of age at midnight 31<sup>st</sup> August 2023

U17 Women/Men must be 15 or 16 years of age at midnight 31<sup>st</sup> August 2023

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## **U20 Women/Men**

**PLEASE READ THE RULES OF ENTRY CAREFULLY, IT COULD IMPACT ON YOUR SELECTION FOR THE YORKSHIRE TEAM**

**The Yorkshire Team selection is to enable athletes to progress and compete in the UK CAU (Intercounties) Championships 2023. They work on the IAAF rules for age limits.**

If are aged 17, 18 or 19 years by midnight 31<sup>st</sup> August 2023 you may enter the Under 20 Cross Country Championship, **HOWEVER, if you are to become 20 by midnight 31<sup>st</sup> December 2024** and you choose to enter the Yorkshire Under 20 Cross Country Championships then you will not be eligible for selection for the Under 20 Yorkshire Cross Country Team.

**If you are to become 20 by midnight 31<sup>st</sup> December 2024 and you wish to be considered for the Yorkshire Cross Country Team, then you must enter the Senior Yorkshire Cross Country Championships, as under the age limit rules for the UK CAU (Intercounties) you are only eligible to compete in the Senior Team. That team will be selected from the results of the Senior Yorkshire Cross Country Championships.**

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All clubs must provide at least one marshal, who must be available from 10:30 am until the close of the competition, You can share these duties between more than one person. PLEASE EMAIL [fiona.lancaster@btinternet](mailto:fiona.lancaster@btinternet) with the contact details of your marshals.

## AWARDS FOR YORKSHIRE COUNTY ATHLETICS ASSOCIATION

**Senior Women** County medals to the first three athletes to finish and first three teams.  
Teams to consist of the first four competitors of a club to finish.

### **U20 Women, U17 Women, U15 Girls and U13 Girls**

County Medals to the first three athletes to finish and the first three teams.  
Teams to consist of the first 3 competitors of a club to finish.

**Senior Men** County medals to the first three athletes to finish and the first three teams.  
Teams to consist of the first six competitors of a club to finish.

### **U20 Men, U17 Men, U15 Boys and U13 Boys**

County Medals to the first three athletes to finish and the first three teams.  
Teams to consist of the first 3 competitors of a club to finish.

A plaque will be awarded to the winning team in each age category for male and female teams.

*Awards for all age groups will be presented as soon as results are completed for each age group.*

***This year times will be recorded via an electronic chip in the vest bib. The times will be available online as soon as possible, when you have crossed the finish mat.***

***Results will be posted online during the event at [www.frssystem.co.uk](http://www.frssystem.co.uk) and afterwards they will also be available [www.race-results.co.uk/results](http://www.race-results.co.uk/results) as soon as possible. There will be no paper copies available on the day.***

## CONDITIONS OF ENTRY

Any number of runners to compete in each race. Individual entries from athletes or a block entry from a club may be submitted, (*You must use a separate sheet for each age group*). *Team managers may also ask for an excel version of the entry form to be emailed.*

**Club colours must be worn.**

**Everyone must compete in the correct vest number.**

All competitors **MUST** have been born in **NORTH, SOUTH OR WEST YORKSHIRE** or have nine months continuous residence in the counties prior to the date of competition.

Clubs submitting block entries are responsible for the accuracy of the information given on the entry forms and must satisfy themselves that the date of birth given can be proved by documentary evidence if required. **All clubs must provide at least one marshal, who must be available from 10:30 am until the close of the competition**

**All team members must be bona fide first claim members, and be registered with England Athletics.**

TEAM ENTRIES WILL BE ACCEPTED ONLY FROM CLUBS WHO HAVE REGISTERED THEIR 2023-2024 CROSS COUNTRY AFFILIATION WITH ENGLAND ATHLETICS.

*Entries will only be accepted from athletes registered as competitors for 2023-2024 on the England Athletics database, as the event organiser check facility is now available for bulk checking.*

Unless proven to be a typesetting error then no competitor may compete unless his or her name appears in the start list.

**No guest competitors will be allowed.**

## COUNTY SELECTION

These championships will be used as a basis for selection of the Yorkshire Inter-County teams. The 2024 UK Inter Counties Cross Country Championships, supported by British Athletics, will be held in the Grounds of Wollaton Park, Nottingham on Saturday 9<sup>th</sup> March. The selection will be as follows:

**Please ensure that U20 Athletes are entered into the correct age group for the Yorkshire Championships and for Yorkshire Team Selection. PLEASE READ ALL THE NOTES CAREFULLY.... DO NOT MISS OUT ON SELECTION**

U13 Age Group – First 8

U15 Age Group – First 6 + 2 discretionary places\*\*

U17 Age Group – First 6 + 2 discretionary places\*\*

U20 Age Group – First 6 + 2 discretionary places\*\*

*You must still be aged **no more than 19 years by Midnight 31<sup>st</sup> December 2024** and also have competed in the Under 20 Yorkshire Cross Country Championships 2023.*

Senior Age Group – First 6 + 3 discretionary places\*\*

*You must be aged at least **20 years or more by Midnight 31<sup>st</sup> December 2024** and have also competed in the Senior Yorkshire Cross Country Championships 2024*

**\*\*If an athlete wishes to be considered for a discretionary place in the Yorkshire Inter County team, they MUST write to the Yorkshire Championship Secretary, Fiona Lancaster [fiona.lancaster@btinternet.com](mailto:fiona.lancaster@btinternet.com), BEFORE the championships, giving their reasons for not running and their recent results.**

**\*\*THE ATHLETE REQUESTING A DISCRETIONARY PLACE MUST HAVE ENTERED THE CHAMPIONSHIPS.**

**\*\*PLEASE UNDERSTAND THAT THE STANDARD OF ATHLETES COMPETING ON THE DAY OF THE YORKSHIRE CHAMPIONSHIPS IS ALWAYS EXTREMELY HIGH AND REQUESTING A DISCRETIONARY PLACE BY NO MEANS GUARANTEES THAT A PLACE IN THE YORKSHIRE TEAM WILL BE AVAILABLE OR AWARDED.**

**ENTRY FEE is £12 per each athlete all age groups**  
**Please enter online via**  
**[www.race-results.co.uk/results/2024/](http://www.race-results.co.uk/results/2024/)**

***NO REFUNDS WILL BE ISSUED FOR ATHLETES WHO WITHDRAW FROM THE CHAMPIONSHIPS FOR ANY REASON***

Entries must be completed in full; failure to do so will result in the entry being rejected – UKA Rule 14

If you have any questions please email [fiona.lancaster@btinternet.com](mailto:fiona.lancaster@btinternet.com)

or

Telephone: 01226 722442

PLEASE DIAL CAREFULLY AND NO TELEPHONE CALLS AFTER 9:30pm

**ENTRIES CLOSE**

**Wednesday 20<sup>th</sup> DECEMBER 2023**

***No late entries will be accepted entries received after this date will be returned***

**A full entry list will be posted on [www.noaaa-athletics.org.uk](http://www.noaaa-athletics.org.uk) as soon as possible after this date, please check carefully and report any errors to**

**[fiona.lancaster@btinternet.com](mailto:fiona.lancaster@btinternet.com)**

***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.***