

KENT COUNTY ATHLETIC ASSOCIATION
2020 CROSS COUNTRY CHAMPIONSHIPS
to be held under UKA and KCAA Cross Country Championship Rules.

Please complete the entry details on the accompanying Excel entry forms or via the online entry forms accessed from the www.kcaa.org.uk website. Also refer to the Additional Online Entry Instructions and Template.csv file.

This year's event will be on held the 4th January 2020 at the Brands Hatch Race Circuit, Fawkham DA3 8NG kindly supported by Dartford Harriers AC. The courses will be run over the north western car and caravan parking area, known as the "Airfield", and will be accessed directly from the A20 Gorse Hill entrance and not via the main Circuit entrance. The course will be open, flat around the start/finish and parking area, but with a hill on the lower part of the course. Athletes are strongly advised to familiarise themselves of the courses before competing. Courses have still to be finalised so please check for updates.

Provisional Timetable - subject to entry details.

Time	Age Group	Approx Distance	Team
10.30	Under 13 Girls	3000m	First 3 to score
10.45	Under 13 Boys	3000m	First 4 to score
11.00	Under 15 Girls	4500m	First 3 to score
11.20	Under 15 Boys	4500m	First 4 to score
11.40	Under 17 Women	6000m	First 3 to score
	Under 20 Women	6000m	First 3 to score
12.00	Presentations for U13/U15 races		
12.20	Under 17 Men	6000m	First 4 to score
	Under 20 Men	6000m	First 3 to score
12.45	Senior Men	12000m	First 6 and first 12 to score
14.00	Senior Women	8000m	First 3 and first 6 to score
14.40	Presentations for U17/U20 and Senior races		

Team awards will only be made to teams from clubs or schools affiliated to the UKA and Kent County Athletic Association.

The proposed race distances are changed from previous years.

Entry Qualifications

Athletes must be either first claim or rule 21 S 6 (viii) second claim affiliated members under UKA Rules for Competition or school athletes. Entry qualification for the championships is by birth (B), residence (R) or continuous association (C). To qualify by residence a competitor must have lived within the Kent County boundary or relevant London Post Code area, continuously, for at least 9 months prior to the event. The Place of Birth and Residential Date must be provided for residential applications. Additional clarification and details may be requested. An extract from UKA Rules for Competition - paragraphs 7 and 9 is available for viewing on the county web site www.kcaa.org.uk.

All competitors

The Under 13 age groups will include those who are aged 11 on the 4th January 2020 or 12 on the 31st August 2019.

The Under 15 age groups will include those who are 13 or 14 on the 31st August 2019.

The Under 17 age groups will include those who are 15 or 16 on the 31st August 2019.

The Under 20 age groups will include those who are 17, 18 or 19 on the 31st August 2019.

Those Under 20s who will be Seniors on the 31st December 2020 and therefore eligible for selection for the Inter-Counties also have the option to enter in the Seniors events.

Entry Fee - The entry fee for these Championships is **£5.00** per athlete.

Entry Closing Date 9th December 2019.

No parking on the A20 will be permitted.

Please note that there will be no changing or shower facilities and clubs must provide their own tented accommodation or storage provision.

Race timing for these Championships will be by Race Director using chipped bib numbers.

Refreshment will be available.

Brian Charlton - Championship Secretary

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