

## Kent County Athletic Association Kent Veteran's Cross Country Championship Saturday 2nd December 2023

These Championships will be run under UKA and KCAA Veterans Cross Country Championship Rules.

This year's event will be held on the 2nd December 2023 at Central Park, Dartford, Kent DA1 1JP kindly hosted by Central Park Athletics/Dartford Harriers AC. The race headquarters and presentations will be located in the Kent Tent by the Start and Finish Area. Parking at the clubhouse will be restricted to Officials **only**. Competitors parking is recommended in the Acacia Car Park, Overy Liberty DA1 1DJ public pay and display car park as shown on the course maps and is convenient to the course. (The Central Car Park, Market Street is limited to a maximum stay of 2hrs) [www.dartford.gov.uk/by-category/transport-and-streets/parking/pay-and-display-car-parks-and-on-street-pay-and-display-bays/town-centre-car-parks-map](http://www.dartford.gov.uk/by-category/transport-and-streets/parking/pay-and-display-car-parks-and-on-street-pay-and-display-bays/town-centre-car-parks-map)

As both clubs have kindly offered to host both this meeting and the main championship in January we strongly request offers of Course Marshalls from all clubs. Please submit names and contact details to me so that I can forward them on.

The course is very similar to previous courses at this venue, as was slightly amended and adjusted following safety concerns. It is mainly run on flat plateaus linked with relatively short steep inclines and descents. As the course location is some distance from the club house it will not be convenient to take and erect club tents.

Provisional Championship Timetable:

The proposed number of races and race times have been modified this year to avoid congestion on the course and in the finish funnels.

11.30 M50 – M59 – approx 8.7km

12.15 M60 – M69, M70+ and W65 – approx. 5.4km

13.00 W35 – W44, W45 – W54 and W55 – W64 – approx. 5.4km

13.50 M40 – M49 – approx 8.7km

Depending on entry numbers the number of races and start times may need to be modified to only 3 races, as previously.

Athletes must be EA registered and either first claim or second claim members as per Rule G2 S6 1(viii) of UKA Rules for Competition and have the necessary Kent County qualifications.

Trophies will only be presented to Clubs which are affiliated to the County Association.

Medals will be awarded to the first three placed competitors and the scoring team members of the first three placed teams in each age group as shown below.

Team awards will be made as follows:

M40 – first 4 per club to finish

M50 – first 4 per club to finish

M60 – first 3 per club to finish

W35 – first 3 per club to finish

W45 – first 3 per club to finish

W55 – first 3 per club to finish

A Trophy will be awarded the winning individual in each age group and to the winning team.

Athletes may be entered as individuals or as part of a team in their own age group, **or/as well as** in a younger age group, if appropriate. They may **only compete in one** selected age group at the Championships. Competition numbers will be issued for each athlete in each age group. Athletes entered in two different age groups will be issued two different competition numbers. Team Managers must ensure that the correct **single** competition number is worn by the athlete appropriate to the competition age group they compete in. The individual athlete and team results will be determined by the athlete competition number worn and the finish order.

Race timing for these Championships will be by StuWeb using chipped bib numbers. Any athlete not correctly wearing a chipped Championship bib number or wearing more than one chipped bib number will be disqualified.

Entry qualification details must be provided: in column Qual:

B – Born within the KCAA (County) administration and qualification area

C – Continuous County Qualification – not born in the KCAA qualification area but has competed in previous Kent County Championships

R – Residential Qualification - not born in the KCAA qualification area and not previously competed in a Kent County Championship but has obtained a minimum 9 month continuous residence in the County.

Places of birth and residential qualifications for first time entries for our Championships will be requested after the initial processing of the entry to confirm athlete eligibility.

Further details of the KCAA Administrative and Qualification Area and Kent County qualification requirements can be found on the T&F page of the KCAA website [www.kcaa.org.uk](http://www.kcaa.org.uk) .

Entries and payment can be made online via the online entry form. Alternatively entry can be made by downloading an entry form from our website, submitting it electronically to [brian@kcaa.org.uk](mailto:brian@kcaa.org.uk) and paying by BACS transfer, as detailed on the entry form.

**Entry closing date Friday 17th November 2023**

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.

Any queries should be sent to [brian@kcaa.org.uk](mailto:brian@kcaa.org.uk)

Brian Charlton - Championship Secretary.