

OXFORDSHIRE CROSS COUNTRY CHAMPIONSHIPS 6 JANUARY 2019

(Combined with Oxford Mail League Cross Country January meeting)

UNDER UK ATHLETICS RULES (except Mini-Minors)

Shotover Hill, Horspath, Oxford, Oxon, OX4 2RR

The Championships will be combined with the Oxford Mail Cross Country League, January meeting for the 2018-19 season. Competitors competing in either the County Championship races will be given distinctive race numbers (ie same number but coloured background), which they should collect on the day. If athletes are competing in the OML only, wear the normal race number. Toilets will be available, together with showers and changing facilities. Car park charge £4.

Time	Category	Age
09.55	Mini-Minors (boys + girls)*	Under 9
10.00	Girls Mini-Minors*	Under 11
10.10	Boys Mini-Minors*	Under 11
10.20	Girls Under 13	Over 11, under 13
10.30	Boys Under 13	Over 11, under 13
10.45	Girls U15, Women U17	Over 13, under 17
11.00	Boys U15, Men U17	Over 13, under 17
11.20	Men U20, S / V	Over 17
12.00	Women U20, S / V	Over 17

***Mini-Minors'** races are not Championship events. Special County Medals will be awarded to the first 3 and Certificates to **all** finishers. The minimum age is 8 on the day of competition.

Awards: Medals for the younger age groups (U9 - U11) will be presented at approximately 11.15am. The remaining awards will be made following the women's race at about 13.15am.

- Championship age groups:** all age groups are as at midnight 31 August/1 September 2018 except Under 20s men and women, who must be under 20 on midnight 31 December 2019. **Note that county U20 age rule is different from the Oxford Mail League.** Senior men and women must be over 20 as at midnight 31 December 2019. A boy or girl may compete in the Under 13 age groups if aged 11 on the day of the competition.
 - Age Groups:** – Competitors will be allowed to compete in a higher age group ie. U17 at Seniors/Vets subject to the distance limitations of UKA rule 508.
 - It is the responsibility of competitors and their clubs to ensure they are entered in the correct race.**
 - If you have new members competing for the first time in Round 3 of the Oxford Mail League, please allocate numbers to them at the time of sending in the county entry form. (You can still allocate them on the day of the race, though they will be too late to be eligible for the county championship.)
 - Separate results** will be given for each age group even though some races are combined.
 - Entry Fees - £10.00** for Seniors/Veterans, Men/Women; £5.00 for other age groups **including U9s.**
- Please enter only those who are likely to compete. Do NOT send complete club member lists, or Oxford Mail XC competitors who you know will be absent on the day.** Group entries MUST be accompanied by a cheque for £30, the balance to be paid afterwards, according to the number who actually compete.
- Teams** – The first 4 finishers in all age groups for men (3 for women) for each club/school will be their first team. The next 4 finishers for men (3 for women) will be their second team, etc. There will be team awards for Veterans, but not split into 10-year age bands. Please note that team medals and individual medals for veterans will NOT be awarded at the event, but forwarded afterwards to the appropriate clubs.
 - Championships Qualification** – Anyone with an Oxfordshire qualification. See UK Athletics Rule 9
 - By birth [UKA Rule 9 paragraph 2(a)]
 - By 9 months' residence within the County [UKA Rule 9 paragraphs 2(b) and (c)]
 - By relaxation of the residential qualification. Those attending school – day or boarding within the County. This does not qualify you to compete for the County at Inter County meetings [UKA Rule 9, paragraph 10].

Clubs – Please send group entries by email using the spreadsheet provided, to John Sear, XC County Championships Coordinator, john.sear@gtc.ox.ac.uk and supply all the information requested. Cheques and Postal Orders payable to "Oxon A.A." should be posted separately to 6 Whites Forge, Appleton, Abingdon, OX13 5LG, before Christmas if possible please. **Final closing date is Thursday 20 December 2018.**

