

# **Surrey County AA Cross Country Championships**

**President – Zara Hyde-Peters**

**7 January 2024 at Denbies Vineyard, Dorking, RH5 6AA**

**Under UKA Rules**

**Licence number CC2023/0880**

**Entry Fee £8 per athlete**

**Closing Date for entries:**

**Midnight, Friday 29<sup>th</sup> December 2023**

**NO LATE ENTRIES CAN BE ACCEPTED**

## **RACE INFORMATION**

### **TIMETABLE & SCORING TEAMS**

(Team medals are for SCAA affiliated clubs only).

Time	Event	Distance	Team medals
10.15	U13B	2.75 Km	4 to score
10.20	U13G	2.75 Km	4 to score
10.45	U15B	4.2 Km	4 to score.
10.55	U15G	4.2 Km	4 to score.
11.30	SW	8.4 Km	4 to score.
12.40	U17M	5.9 km	3 to score.
12.40	U20M	5.9 km	3 to score.
13.15	U17W	5.9 km	3 to score.
13.15	U20W	5.9 km	3 to score.
14.00	SM	12.2 Km	6 to score.

### **CHANGES TO U13 AND U15 RACES**

We have used the Bacchus field at Denbies for Start and Finish since 2020 and it is a massive improvement on the previous start and finish points. The one shortcoming is the pinch point between the Bacchus field and the main parts of the courses (Points 1 & 2 on the maps). We cannot start the next race until all runners from the previous race are clear.

We allowed extra time for some races in 2022 by starting the first race earlier. There were still one or two issues. In 2024 we will extend the time available by running U13 boys and girls on the course at the same time but in separate races. Similarly U15s.

U13 – Boys will start at 10.15 and the girls will start 5 minutes later. Girls will be clear of the pinch point before boys return and the gap should be enough to prevent the fastest girls from catching the back of the boys field.

U15 – Similar format to U13 but girls will start 10 minutes later.

These arrangements should allow boys and girls in each age group to enjoy a separate race, but it will make better use of time on the day. We can now add an extra 5 or 10 minutes after most races to prevent problems between points 1 and 2. Except for the first race and the last race, the start times of every race will be different to 2022. Check the timetable.

#### CHANGES TO TEAM MEDALS U17/U20

Historically we had more male runners than female in these age groups. We awarded medals to separate U17M and U20M teams but a combined team medal for U17/20W. Recently male and female entries are on a par and we have equalised the team awards. From 2024 we will award medals to teams in all four age categories U17M, U20M, U17W and U20W. In every case it will be 3 to score.

#### CHANGES TO COURSES

The U17/20 courses have been amended slightly. Men and Women will now use the same course of about 5.9km.

### GENERAL INFORMATION

#### ENTRIES, ELIGIBILITY & RACE NUMBERS

This is a Championship event, and we use Open Track to validate the eligibility of every athlete. Occasionally this has complications – often with the athlete's listing on the England Athletics portal. Given time we can usually resolve these. But we cannot guarantee to resolve last minute enquiries just before entries close or enquiries when the EA and Open Track offices are closed for the holiday period.

In short – DON'T leave entries too late. Every entry MUST go through Open Track. No late entries can be accepted and no transfers

Every athlete must be registered with England Athletics. You must have been born in Surrey or have a residential claim. ("Surrey" includes the Surrey CC area and most of southwest London) For full County qualification criteria go to <http://www.surreyathletics.org.uk/qualification>.

#### CLUB VESTS MUST BE WORN

If you are running only as an individual, state on the entry form your first claim club which may or may not be affiliated to SCAA.

TEAMS: We award medals to the first 3 teams affiliated to SCAA. You do not have to make a separate team entry. You must name the athlete's 1<sup>st</sup> claim Surrey club on the entry form. If you are a member of more than one Surrey club, you cannot run for your 2<sup>nd</sup> claim club.

If you are first claim to a club not affiliated to SCAA you can run for your 2<sup>nd</sup> claim SCAA club. You should enter the name of the Surrey club in your entry. But remember you MUST be Surrey qualified, and under UKA rules, you cannot have competed for, or in the championships of any other County in the Competition year.

U20 MEN and WOMEN: As usual older U20 athletes who want to be considered for selection as seniors should run in the senior race. If you will reach the age of 20 by 31 December of

the competition year and if you want to be considered for Inter-County or International selection you should enter the U20 race and then email [2024@scaaentries.org.uk](mailto:2024@scaaentries.org.uk) to request the change to a Senior entry. This may be subject to the agreement of the Surrey Team Manager.

**NUMBERS** Every athlete will get a bib number labelled with the athlete's name. A timing chip is attached to the back. Make sure that every athlete wears the correct number. Chips do not have to be returned.

There will be a pack of numbers for every club and every race. Collect these from the registration tent near the start.

All U20 runners will get two cards labelled 20 one to be worn on the front above the bib number and one on the back of the vest.

**MEDALS:** Will be awarded by the President of Surrey Athletics soon after the finish of every race at the podium close to the finish area. There will be medals for the first 3 individuals and first 3 teams. The size of the scoring team varies by age. See above.

## **THE VENUE**

We are fortunate to have access to this first class venue. Please respect it. **DO NOT** walk between the rows of vines unless there is a clear footpath.

**Toilets** Portable toilets will be situated near the Start / Finish area and there are toilets and refreshments inside the winery. But please **DO NOT** enter in muddy boots/shoes. There are no changing or showering facilities. Athletes should arrive at the course already changed.

**Parking:** PLEASE do not use the Denbies car park – you will block access to other Denbies customers. You can park at Ashcombe School about half a mile away. Or you will be able to use the car park at Dorking station later in the morning after the car boot has packed up.

*Note that the old office site across the A24 from Denbies is now completely boarded up awaiting redevelopment and no parking is available. This information will be updated if we have further advice.*

**By train:** Dorking stations and Boxhill and Westhumble are both a short walk away.

**Gazebos, Banners and other structures:** You are welcome to erect club tents etc in the Bacchus field. But remember that they can become dangerous in windy conditions. ***It is your responsibility to ensure that they are safely secured.*** Race officials reserve the right to ask you to dismantle them if they are not safely tied down.

**Race Officials and Marshals:** We will again use chip timing and we have a good number of experienced, UKA licensed, County officials to manage the key tasks. But we must also cover about 18 course marshalling duties for well over 5 hours. We need as many volunteers as possible so that we can manage a rotation throughout the day. If you have club members or friends who are able to spare some time during the day can you please contact the County officials secretary for endurance events at [enduranceofficials@surreyathletics.uk](mailto:enduranceofficials@surreyathletics.uk)