

Kent County Athletic Association Kent Veteran's Cross Country Championship Saturday 30th November 2019

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

This year's event will be held on the 30th November 2019 at Central Park, Dartford, Kent DA1 1JP kindly hosted by Central Park Athletics/Dartford Harriers AC. The race headquarters and presentations will be in the Dartford Harriers club house. Parking at the clubhouse, including an overspill area, is extremely limited so car sharing is recommended. The Acacia Car Park, Overy Liberty DA1 1DJ public pay and display car park as shown on the course maps is strongly recommended and 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

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 but has had to be slightly amended due to building works adjacent to it and adjustments 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:

11.00 M50 – M59 – approx 8.7km

12.00 M60 – M69, M70+, W35 – W44, W45 – W54, W55 – W64 and W65 – approx. 5.4k

12.50 M40 – M49– approx 8.7k

Depending on entry numbers start times may have to be modified to avoid congestion in the finish funnels.

Athletes must be either first claim or second claim members as per Rule 21 S 6 (viii) of UKA Rules for Competition and have the correct Kent County qualifications.

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

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. This will result in an athlete being given two competition numbers if they are entered in two different age groups. Team Managers must ensure that the correct single competition number is worn by the athlete for their competition age group. The individual and team results will be determined by the athlete competition number and finish order.

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

Entry qualification details must be provided: in column Qual:

B – Born within the KCAA 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. If R is entered in the Qual column then the Place of Birth and Residential Date must be provided.

For completeness of our County records some additional information may be requested for first time competing athletes.

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 .

Entries and payment can either be made online via the online entry forms or by postal entry. Payment of postal entries can be by cheque or postal orders made out to **Kent County AA** or by BACS transfer following request of our account details. Electronic copies of postal entries are requested to be sent in advance to brian@kcaa.org.uk to assist quick preparation of the Championship documents. **Entry closing date Friday 15th November 2019.**

Similarly any queries should be sent to brian@kcaa.org.uk

Brian Charlton - Championship Secretary.