

KENT COUNTY ATHLETIC ASSOCIATION
2023 CROSS COUNTRY CHAMPIONSHIPS
to be held under UKA and KCAA Cross Country Championship Rules.

Please complete the entry details on the accompanying Excel entry form.

This year's event will be on held the 7th January 2023 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. Race course distances have yet to be confirmed.

Time	Age Group	Approx Distance	Team
10.30	Under 13 Girls	3050m	First 3 to score
10.45	Under 13 Boys	3050m	First 4 to score
11.00	Under 15 Girls	4400m	First 3 to score
11.20	Under 15 Boys	4400m	First 4 to score
11.40	Under 17 Women	6100m	First 3 to score
	Under 20 Women	6100m	First 3 to score
12.20	Under 17 Men	6100m	First 4 to score
	Under 20 Men	6100m	First 3 to score
12.45	Senior Men	12000m	First 6 and first 12 to score
14.00	Senior Women	8400m	First 3 and first 6 to score

Team awards will only be made to teams from clubs or schools affiliated to the UKA and Kent County Athletic Association. It should be particularly noted that no medals will be presented to the Senior Men 12 to score athletes or the Senior Women 6 to score athletes.

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 11 or 12 on the 31st August 2022.

The Under 15 age groups will include those who are 13 or 14 on the 31st August 2022.

The Under 17 age groups will include those who are 15 or 16 on the 31st August 2022.

The Under 20 age groups will include those who are 17, 18 or 19 on the 31st August 2022.

Those Under 20s who will be Seniors on the 31st December 2023 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 **£6.00** per athlete.

Entry Closing Date 16th December 2022.

All entrants must ensure that they 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.

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 StuWeb Race Timing using chipped bib numbers.

Refreshment will be available.

Brian Charlton - Championship Secretary

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