

**WARWICKSHIRE COUNTY ATHLETICS ASSOCIATION**  
**Cross Country Championships : Sat 13th December 2025**  
**Warley Woods, Lightwoods Hill, Smethwick, B67 5NA**  
**Held jointly with and hosted by the Worcestershire AA**



| Age Group           | Birth Dates             | Distance | Start | Presentation | Team       |
|---------------------|-------------------------|----------|-------|--------------|------------|
| U11 Boys            | 01/09/2014 – 31/08/2016 | 1500m    | 10.45 | 11.20        | 3 to count |
| U11 Girls           | 01/09/2014 – 31/08/2016 | 1500m    | 10.48 | 11.25        | 3 to count |
| U13 Boys            | 01/09/2012 – 31/08/2014 | 3000m    | 11.00 | 11.40        | 3 to count |
| U13 Girls           | 01/09/2012 – 31/08/2014 | 3000m    | 11.03 | 11.45        | 3 to count |
| U15 Boys            | 01/09/2010 – 31/08/2012 | 4000m    | 11.20 | 12.05        | 3 to count |
| U15 Girls           | 01/09/2010 – 31/08/2012 | 4000m    | 11.23 | 12.10        | 3 to count |
| U17 Women           | 01/09/2008 – 31/08/2010 | 5000m    | 11.50 | 12.50        | 3 to count |
| U17 Men             | 01/09/2008 – 31/08/2010 | 6000m    | 12.25 | 13.25        | 3 to count |
| U20 Women           | 01/09/2005 – 31/08/2008 | 7000m    | 13.00 | 14.20        | 3 to count |
| Senior Women        | 14/12/1990 – 31/08/2005 | 7000m    | 13.00 | 14.20        | 3 to count |
| Masters Women (O35) | On or before 13/12/1990 | 7000m    | 13.00 | 14.20        | 3 to count |
| U20 Men             | 01/09/2005 – 31/08/2008 | 10000m   | 14.00 | 15.15        | 3 to count |
| Senior Men          | 14/12/1990 – 31/08/2005 | 10000m   | 14.00 | 15.15        | 4 to count |
| Masters Men (O35)   | On or before 13/12/1990 | 10000m   | 14.00 | 15.15        | 4 to count |

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| <b>Gender / Age Groups</b>        | <p>The Female races are for people who were born as female.</p> <p>The Male races are Open to all genders.</p> <p>U20, Seniors and Masters races start together and run the same distance. Masters (over 35) and U20s may enter for their own age group or may enter as a Senior but will only count towards the individual and team events in the age group as declared on the entry. Please note the minimum age for U11 athletes (latest birth date of 31/8/16)</p> |
| <b>Eligibility to compete</b>     | Do not enter this event unless you are eligible for Warwickshire. County qualification is either by birth in the County, by 9 months continuous residence prior to competition in the County or by 9 months service in a unit of HM forces stationed in the County.  |
| <b>UKA Rule G2 S6 (1)</b>         | <p>The Warwickshire County is defined as the Warwickshire pre-1974 boundary which includes Birmingham, Coventry, Solihull and present Warwickshire areas.</p> <p>Athletes must be current first claim members of the Club for which they have entered.</p> <p>All athletes (ages U13 upwards) must be UKA affiliated and have a valid EA registration on the day of the competition. U11s can enter as unregistered.</p>   |
| <b>Rules</b>                      | <p>Only Clubs affiliated to Warwickshire County AA will be eligible for team awards. Only first claim athletes are eligible to score in the team competition. Any number of eligible athletes can be entered per Club. All athletes must wear a club or representative vest.</p> <p>UKA Rules <b>TR5 S1</b> (advertising) (clothing) and <b>TR5 S2</b> (numbers) apply.</p>  |
| <b>Awards</b>                     | <p>In events where age groups are combined, athletes will only be eligible for awards in the race category (age group) for which they have entered. In the case of equal team scores, the first Club team to close will be declared the winner. Please note that B-teams are not eligible for team awards. The Heeley Trophy, (best overall club) is judged on finishers across all age groups.</p>  |
| <b>Entry fee and closing date</b> | <p>Masters and Seniors £7.50 per individual. All other age groups (U11 – U20) £6.00.</p> <p><b>Entries must be received no later than 23:59 on Sunday 23rd November 2025.</b></p> <p>Entries are not valid unless the entry fee is paid. WCAA bank details for submission of fees are on the entry form.</p> <p>If the event is cancelled, the entry fees will be refunded less 20% to cover unavoidable costs.</p>  |

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| <b>Entry system</b>      | <p>Team entries are preferred. Note there is an additional fee of £0.75 for entries submitted individually. Entries of 2 or more athletes on the same form and paid together do not incur the premium. Entries to be submitted using the form provided and emailed to <a href="mailto:secretary@warwickshireathletics.co.uk">secretary@warwickshireathletics.co.uk</a>.</p> <p>Numbers to be collected on the day from the Registration tent.</p>  |
| <b>Programmes</b>        | <p>There will be no printed programme on the day. You will be able to download one from the County web site after entries have closed and have been compiled.</p>  |
| <b>Inter-counties</b>    | <p>These Championships are the principal criteria for selection to the Inter Counties Cross Country Championships (All age groups U13 and above) to be held in March 2026. Selection for each age group team will be determined by the first three eligible athletes to cross the line in each race. The rest of the team will be selected by Team Managers. The County Association and its Team Managers reserve the right to exclude athletes who have previously been disrespectful to the Association or its Officers. See the County web site for a full description of the selection policy.</p> |
| <b>Anti-doping rules</b> | <p>An entrant shall be deemed to have made him/her/their self, 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. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry, whether or not the licence holder is a citizen of, or resident in, the UK.</p>  |

Warwickshire County AA web site is at [www.WarwickshireAthletics.co.uk](http://www.WarwickshireAthletics.co.uk)

Or find us on facebook at <https://www.facebook.com/groups/warkscountyaa>