



Photo Courtesy of Andy Cox

SEAA

CROSS COUNTRY

PROSPECTUS 2023-24

Supported by



Meetings held under UKA
and ECCA Rules

TABLE OF CONTENTS

ELIGIBILITY TO COMPETE	01
RELAY CHAMPIONSHIPS	02
LONDON CHAMPIONSHIPS	03
MASTERS CHAMPIONSHIPS	04
INTER COUNTY CHAMPIONSHIPS	05
MAIN CHAMPIONSHIPS	06

SEAA Competition Limited

Jubilee Stand
Crystal Palace National Sports Centre
Ledington Road
London
SE19 2BB

www.seaa.org.uk

Telephone: 020 8778 7167

Email: competitions@seaa.org.uk

X: [@SEAAcompetition](https://twitter.com/SEAAcompetition) / Facebook: [southofenglandathletics](https://www.facebook.com/southofenglandathletics)

ELIGIBILITY TO COMPETE

All competing athletes must be first claim members of their club and registered with England Athletics. Failure to provide a valid registration number on your entry form will result in the entry being returned. This rule will be rigorously applied to all SEAA Championships and applies to all age groups.

The Club Official submitting the team entry form/s is responsible for ensuring the eligibility (age and first claim) of the entrants and the suitability of the event for those entered.

Club's wishing to take part must be affiliated to England Athletics and the SEAA and have stated their intention to take part in Cross Country events.

IT IS SEAA POLICY TO NOT ACCEPT ANY LATE ENTRIES.

All athletes must have a Southern Area Qualification in accordance with Rule G2 (21) S6 (2)

RULE G2 (21) S 6 UKA SUPPLEMENT COUNTY, DISTRICT AND AREA QUALIFICATIONS

(2) English Area Championships and Representation

(a) An Area qualification to compete shall be acquired as follows:

By birth (See also Rule G2 S4(1)).

By nine months' continuous bona fide residence within the Area boundary immediately prior to the date of competition.

By nine months' service in HM Forces stationed within the Area boundary immediately prior to the date of the competition.

(b) A student at school, college or university does not acquire a residential qualification by residence during term time alone. An Area, though, may, at its discretion, relax the residential qualification in the case of Under 20 and younger athletes, and of Seniors in residence at college or university, but any competition shall not be deemed to have established an Area qualification.

(c) No athlete is allowed to compete in the Championships of more than one Area Association in any one nine month period.

ANTI-DOPING

By submitting an entry to any SEAA Championship, whether by paper or online, you acknowledge that you are **bound by UKA Anti-Doping rules.**

The UKA Anti-Doping Rules are available at www.uka.org.uk

To check the status of registered medicines please visit www.globaldro.com

For general anti-doping queries please contact antidoping@uka.org.uk

In the event of a meeting or event being cancelled, 80% of the entry fee will be refunded.

This applies to all SEAA Championships

SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.

SOUTHERN CROSS COUNTRY RELAY CHAMPIONSHIPS

Saturday 21st October 2023 at Linford Christie Stadium, London W12 0DF

ONLINE ENTRY AVAILABLE VIA SEAA.ORG.UK

*** CLOSING DATE FOR ENTRIES IS FRIDAY 6th OCTOBER 2023 ***

ENTRY FEES

Under 13	£15.00 per team
Under 15 / Under 17	£15.00 per team
Under 20 Men & Women / Senior Women	£18.00 per team
Senior Men	£24.00 per team

TIMETABLE & AGE CATEGORIES – Please note these are approximate start times.

11.00am	Under 17 Women / Under 20 Women <i>Aged 15 or 16 on 31st August 2023</i> <i>Aged 17, 18 or 19 on 31st August 2023</i>	3 Stages x 3km
11.30am	Under 17 Men / Under 20 Men <i>Aged 15 or 16 on 31st August 2023</i> <i>Aged 17, 18 or 19 on 31st August 2023</i>	3 Stages x 3km
12.10pm	Under 13 Girls <i>Aged 11 on the day of competition</i> <i>or 12 on 31st August 2023</i>	3 Stages x 2km
12.40pm	Under 13 Boys <i>Aged 11 on the day of competition</i> <i>or 12 on 31st August 2023</i>	3 Stages x 2km
1.10pm	Under 15 Girls <i>Aged 13 or 14 on 31st August 2023</i>	3 Stages x 2km
1.35pm	Under 15 Boys <i>Aged 13 or 14 on 31st August 2023</i>	3 Stages x 2km
2.00pm	Senior Women <i>Aged at least 20 on 31st August 2023</i>	3 Stages x 3km
2.30pm	Senior Men <i>Aged at least 20 on 31st August 2023</i>	4 Stages x 4km

Any runners still waiting to compete may be started together at approximately 3.25 pm

The timing of the mass start will be at the discretion of the Referee on the day

ATHLETES MUST RUN IN THEIR CORRECT AGE GROUPS

CONDITIONS & DETAILS

Meeting will be held under UKA Rules.

All competing athletes must be first claim members of their club and registered with England Athletics.

Clubs are required to complete and sign a declaration form on the day, from names entered.

Team declarations must be submitted **at least 30 minutes before the start** of the race and no changes are permitted after that time.

Only names entered may compete, no substitutions are allowed.

Medals will be awarded for 1st/2nd/3rd teams in all races.

SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.

SOUTHERN CROSS COUNTRY LONDON CHAMPIONSHIPS

Supported by



Saturday 18th November 2023

at Parliament Hill Fields, London NW5 1QR

ONLINE ENTRY AVAILABLE VIA SEAA.ORG.UK

*** CLOSING DATE FOR ENTRIES IS FRIDAY 3rd NOVEMBER 2023 ***

QUALIFICATIONS

The Championships shall be open to any first claim member of any club registered for cross country to England Athletics and whose headquarters is domiciled in the Greater London area plus any individual athlete provided that the individual is either;

- (a) he/she was born in the Greater London area.
- (b) has not less than one year's bona fide residence in Greater London.
- (c) has not less than one year's continuous full-time employment in Greater London.
- (d) has not less than one year's full-time attendance at an educational establishment in Greater London.

and

- (e) he/she is 17 or over on 1st September 2023

and

- (f) is registered with England Athletics

and

- (g) team entries must be first claim members of that club.

Anyone whose transfer has been approved by England Athletics but is ineligible for team competition may be entered as an individual.

The Greater London area comprises;

The City of London, The London Boroughs of Barking and Dagenham, Barnet, Bexley, Brent, Bromley, Camden, Croydon, Ealing, Enfield, Greenwich, Hackney, Hammersmith and Fulham, Harrow, Haringey, Havering, Hillingdon, Hounslow, Islington, Kensington and Chelsea, Kingston Upon Thames, Lambeth, Lewisham, Merton, Newham, Redbridge, Richmond Upon Thames, Southwark, Sutton, Tower Hamlets, Waltham Forest, Wandsworth, and the City of Westminster.

TIMETABLE & EVENT DETAILS

Senior Women	1.15pm	6,000m
Senior Men	2.00pm	10,000m

Medals will be awarded to the first three individual runners, members of the first three "A" teams, the first master (man over 40 and woman over 40 on the 18th November 2023 and the first Under 20 on 31st August 2023) in both the men's and women's events. Clubs can enter any number of teams.

Entry fee is £8.00 per individual (No team fee)

Chip Timing will be used. Please ensure all chips are returned at the end of your race, or you may be charged a lost chip fee.

SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.

SOUTHERN CROSS COUNTRY MASTERS CHAMPIONSHIPS

Saturday 9th December 2023

at Horspath, Oxford OX4 2RR

ONLINE ENTRY AVAILABLE VIA SEAA.ORG.UK

* CLOSING DATE FOR ENTRIES IS FRIDAY 24th NOVEMBER 2023 *

TIMETABLE, ENTRY FEES & AGE GROUPS –

Please note the start times may be subject to change.

11:45am	Women 40 plus, 50 plus, 60 plus, Men 70 plus	approx. 6km
14:10pm	Men 40 plus, 50 plus, 60 plus	approx. 10km

In accordance with UKA rules age is determined by age on the day of Competition.

Individual awards will be made in five year age bands up to 69. Gold, Silver and Bronze (1st, 2nd and 3rd)

Team awards (3 to score) (1st, 2nd, 3rd) awards will be in ten year age bands (40/50/60)

Entry Fee is £10.00 per person (NO TEAM FEE)

CONDITIONS & DETAILS

Meeting will be held under UKA Rules.

Only one team per club in each age band will be eligible for an award.

All competing athletes must be first claim members of their club and registered with England Athletics.

Anyone whose transfer has been approved by England Athletics but is ineligible for team competition may be entered as an individual

Entries on the day will not be accepted.

An athlete may ONLY compete in one age group – e.g. an over 50 woman may compete for the over 40 women's team but may ONLY score as an individual in that particular age group i.e. over 40 team.

Runners, who wish to count for a younger team instead of their own age group, **MUST** declare this on the entry form and this CANNOT be changed on the DAY. **This means that you can only qualify for the medal in the team race for which you are entered.**

SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.

SOUTHERN CROSS COUNTRY INTER COUNTY CHAMPIONSHIPS

Saturday 9th December 2023

at Horspath, Oxford OX4 2RR

ONLINE ENTRY AVAILABLE VIA SEAA.ORG.UK

CLOSING DATE FOR TEAM MANAGERS TO SUBMIT TEAMS IS FRIDAY 24th NOVEMBER 2023

TIMETABLE & AGE CATEGORIES - Please note these times may be subject to change

11.00am	Under 13 Girls <i>Aged 11 on the day of competition or 12 on 31st August 2023</i>	approx. 3, 000m
11.20am	Under 13 Boys <i>Aged 11 on the day of competition or 12 on 31st August 2023</i>	approx. 3, 000m
11.40am	Under 15 Girls <i>Aged 13 or 14 on 31st August 2023</i>	approx. 4, 000m
12.25pm	Under 15 Boys <i>Aged 13 or 14 on 31st August 2023</i>	approx. 4, 000m
12.50pm	Under 17 Men <i>Aged 15 or 16 on 31st August 2023</i>	approx. 5, 000m
1.15pm	Under 17 Women <i>Aged 15 or 16 on 31st August 2023</i>	approx. 5, 000m
1.40pm	Under 20 Women/Senior Women <i>Aged 17, 18 or 19 on 31st August 2023 Aged at least 20 on 31st August 2023</i>	approx. 6, 000m

Athletes must run in their correct age groups.

Counties may enter and run more than one team in each age group, but this must be stated on the entry form.

All competitors will score and be recorded in the results.

CONDITIONS & DETAILS

Meeting will be held under UKA Rules.

Entry fee is £45.00 per team.

For each team, 12 may be entered from which 8 to run and 4 to score, numbers will be issued to the declared runners on the day. All athletes **MUST** be eligible to represent their County by birth or residence. Dates of births must be declared.

All competing athletes must be first claim members of their club and registered with England Athletics.

Clubs are required to complete and sign a declaration form on the day, from names entered.

Team declarations must be submitted at least 30 minutes before the start of the race and no changes are permitted after that time. Only names entered before the closing date may compete, no substitutions are allowed.

Competitors cannot be declared for more than one team.

Medals will be awarded for 1st / 2nd / 3rd individuals and 1st / 2nd / 3rd "A" teams in all races.

Only one team award, per County, in each race.

In the event of extreme weather where the event must be cancelled, 80% of the entry fee will be refunded.

SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.

SOUTHERN CROSS COUNTRY MAIN CHAMPIONSHIPS

Saturday 27th January 2024 – Beckenham Place Park, Beckenham, BR3 1SY

ONLINE ENTRY AVAILABLE VIA SEAA.ORG.UK

*** CLOSING DATE FOR ENTRIES IS FRIDAY 22nd DECEMBER 2023 ***

AGE CATEGORIES

Under 15 Boys <i>Aged 13 or 14 on 31st August 2023</i>	4500m
Under 15 Girls <i>Aged 13 or 14 on 31st August 2023</i>	4500m
Under 13 Girls <i>Aged 11 on the day of competition or 12 on 31st August 2023</i>	3000m
Under 13 Boys <i>Aged 11 on the day of competition or 12 on 31st August 2023</i>	3000m
Under 17 Men <i>Aged 15 or 16 on 31st August 2023</i>	6000m
Under 20 Women <i>Aged 17, 18 or 19 on 31st August 2023</i>	6000m
Under 17 Women <i>Aged 15 or 16 on 31st August 2023</i>	6000m
Under 20 Men <i>Aged 17, 18 or 19 on 31st August 2023</i>	8000m
Senior Women <i>Aged at least 20 on 31st August 2023</i>	8000m
Senior Men <i>Aged at least 20 on 31st August 2023</i>	15000m

Athletes may only compete in their own age group

ENTRY FEES

£10 per individual

Senior Men - 6 to score in a team.
All other races - 4 to score in a team.

CHIP TIMING

Chip Timing will be used.
Failure to return your chip may result in
you being charged.

SENIOR MEN'S RACE - Note to Team

Managers and Individual Athletes.

You are respectfully reminded this is a Championship event. In the interests of health and safety of our officials and volunteers we have found it necessary to have a cut off time. If athletes have not started their 3rd lap by 50 minutes they are advised they will be unlikely to complete the course in 90 minutes when times will stop being recorded.

Any runner deciding to continue against this advice will be running at their own risk.

CONDITIONS & DETAILS

Meeting will be held under UKA and ECCA Rules.

Clubs wishing to take part must be affiliated to England Athletics and the SEAA and have stated their intention to take part in Cross Country events. All athletes entered **MUST** be **FIRST CLAIM MEMBERS** of their club. Anyone whose transfer has not yet been approved by England Athletics is ineligible for team competition but may be entered as an individual. **All athletes must be registered with England Athletics.**

SEAA medals will be awarded to the first three placed competitors and the scoring team members of the first three placed "A" teams in each group. A plaque will be awarded to the winning team and the winning individual in each race.

In the event of a meeting or event being cancelled, 80% of the entry fee will be refunded.

SEAA Competition Limited shall not be liable to the participant for any loss, damage or injury however caused arising out of or in the course of, or in connection with the holding of the event. The Association reserves the right to refuse or limit entries, vary the programme of events and cancel the Championships under extreme circumstances.