

ARMY ATHLETICS

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ASSOCIATION

Army Athletics Association
Army Sport Control Board
Room G23
Mackenzie Building
Fox Lines, Queens Avenue
Aldershot GU11 2LB

Ref: ATH/XC/10

See Distribution

30 Oct 17

ARMY CROSS COUNTRY TEAM AND INDIVIDUAL CHAMPIONSHIPS FINALS - SENIOR, U23, MASTERS AND WOMEN 2018

GENERAL

1. The finals of the Army Cross Country Teams and Individual Championships will be held at Gibraltar Barracks, Blackwater, Camberley, Surrey GU17 9LP by kind permission of Lt Col J H Scott MBE RE, on Wed 17 Jan 18. The event will be organised by the AAA Secretary and 3 RSME Regt supported by RAPTC officials.

ENTRIES TO ARMY FINALS

2. All team finalists as shown below are to be submitted by the Regional Secretaries. The submission should follow the Regional Qualifiers and should be sent together with the consolidated results and entry fees for all teams and individuals who qualify for the finals of the competition from the Regional qualifying competitions. Reserve units and individuals may compete under the same rules as their regular counterparts. **Regional Secretaries may request an increase in allocation over and above those shown should they believe the overall standard warrants an increase.**

a. Qualifiers will be in accordance with the following allocations to the finals:

	Women's Team	Major Unit Team	Minor Unit Team	Masters Teams	U23 Teams
Regional Command (South)	8	10	8	5	3
Regional Command (North)	8	10	8	5	3
Regional Command (Midlands)	8	8	5	5	3
British Army (Germany)	4	4	4	2	3
London District	3	3	3	3	3
TOTAL	31	35	28	20	15

b. U23's Unit Teams may enter the Army Final direct without having to qualify through Support Command Championships providing that **all** members of the team are within the age bracket¹.

c. The top 15 individuals from each Command who do not form a part of a team should be entered into the Army Finals by the Regional organiser. **(All individuals must submit their entry forms to the respective Regional Command Secretary who will forward them on to the Army Athletics Association).**

d. Team entries are to be forwarded direct to the Army Athletics Secretary using the Entry Forms at [Annexes A-C](#), by not later than Fri 12 Jan 18. Additional teams over and above

¹ 23 or under on 1 Sep 17.

those annotated may be accepted on request from the respective command secretaries. **No team changes will be allowed on the day.**

Note: A Minor Unit is defined as an establishment of <299 all ranks or less. Sqn, Bty or Coy, which are part of a Major Unit, are not considered as Minor Units for the purpose of any Army Sport.

RACE FORMAT AND TEAM COMPOSITION

3. The format of the day is as follows:

a. **Race 1 - Start 1220hrs - Distance approx. 6.5km**

- (1) Army Women's' Inter-Unit Team Championships
- (2) Army Women's' Individual Senior Championships
- (3) Army Women's Individual U23's Championships
- (4) Army Women's Individual Masters Championships

b. **Race 2 - Start 1320hrs - Distance approx. 10.3km**

- (1) Army Major Inter-Unit Team Championships
- (2) Army Minor Inter-Unit Team Championships
- (3) Army Individual Men's Championships
- (4) Army Masters Inter-Unit Team Championships
- (5) Army Individual Masters (male) Championships
- (6) Army U23's Unit-Team Championships
- (7) Army U23's Individual Championships

NOTES:

- (1) **AGE:** Cross Country competitions for U23's men and women shall be confined to competitors over 17 but under 23 on 1 Sep 18.
- (2) For Masters Competitions, women must be 35 or over, men 40 or over on the day of the competition.
- (3) Entries for U23 Individual Championships is open to all serving personnel who fall within the age category at Note 1 above. **All dates of birth must be verified by Unit Rep.** Failure to declare the U23's on the entry form provided, could result in an U23 runner, missing out on a prize or selection for the Army team.
- (4) The Masters Inter Unit Team Championships is open to all Units.
- (5) **Team Composition:**

Major Units	10 with 8 to score
Minor Units	8 with 6 to score
U23's Units	6 with 4 to score
Women's Teams	6 with 4 to score
Masters Teams (Male and Female)	6 with 4 to score

4. Once a running number has been allocated for the final it **must not** be exchanged between team members. Runners must wear the number as allocated and must not remove the perforated strip from the number. **Failure to comply with this could result in disqualification.**

ENTRY FEES

5. TEAMS

Major Units	£50.00	}
Minor Units	£40.00	}
U23 Teams	£30.00	}
Masters Teams	£30.00	}
Women's Teams	£30.00	}
Individuals (all classes)	£5.00.	}

No entry will be accepted without the appropriate fees.

Cheques are to be made payable to `ASCB CENTRAL BANK` (German bank cheques cannot be accepted).or the funds are to be paid via BACS to the follow account quoting the unit name, and Army X-Country:

Account No: 10529980
Sort Code: 16-19-26

TRAVEL

6. This letter is the authority for travel at public expense to this approved Army Athletics Association competition, in accordance with JSP 660 and 2017DIN10-023. All travel arrangements are to be by the most economical means and coordinated so as individuals travelling from the same or near unit locations travel together. Subsistence allowance claims are not admissible for sports and no claims for subsistence allowance are to be made for this event.

REPORTING AND BRIEFING

7. The registration desk will open in the Gymnasium at 1000hrs on Wed 17 Jan 18 and will close 20 minutes before the start of the first race, by which time all Team Captains and Individuals are to have registered.

a. **Team Captains are to:**

- (1) Collect running numbers and race information. Numbers will be allocated as per the team lists submitted on the entry form.
- (2) Attend a course briefing which will be given 45mins before the start of the first race.
- (3) This event is used to select runners for the Army Teams to represent the Army at the Inter-Service Finals on 14 Feb 18, also at Gibraltar Barracks. Those selected will be notified prior to the prize giving.

WALKING THE COURSE

8. The course will be open for competitors to 'walk the course' between 1000-1145hrs.

ACCOMMODATION

9. Due to 3 RSME Regt being an Initial Training Establishment there is no accommodation available for teams. All teams requiring accommodation are to try Aldershot via CABS. Teams should telephone CABS on Mil Tel: (01252) 354305, Fax: (01252) 352169 or for Out of Hours 9 6340 2100/Civil Tel: 0845 168 2100 or Fax 0845 168 2150 at the earliest opportunity after qualifying.

TIMINGS

10. An outline of the programme of events is as follows:
 - a. 1000 Registration Opens (gymnasium)
 - b. 1000-1145 Course open to allow competitors to walk the course
 - c. 1145 Race/Safety Brief
 - d. 1200 Registration Closes
 - e. 1220 Women's Race Starts
 - f. 1320 Men's Race Starts
 - g. 1500 (approx.) Prize Giving

PRESENTATION OF PRIZES

11. The presentation of the team and individual prizes will take place in the SSVc at approximately 1500hrs or as soon as possible after the results have been collated.

SECURITY AND PARKING

12. Team captains are to ensure that all team members carry their ID cards. Additionally, a list of athletes annotating name, rank and number should be made available for the security staff on arrival.

RESULTS

13. EMIT-UK will be providing the electronic timing and producing the results. Electronic chips will be on the back of your running number - do not remove your number until after you have crossed the finish line finished because the position will not be recorded. If you would like your time sent to you via text message please provide your mobile number on the entry forms found at [Annexes A-C](#). All results will be live on the EMIT-UK website www.emit-uk.com immediately after the race.

INFORMATION

14. Regional Command Cross Country Secretaries are to ensure that each team and individual who qualifies and wishes to compete in the Finals is given a copy of these instructions at the conclusion of their regional qualifiers.

15. All successful teams/individuals **MUST** complete team/individual lists and e-mail them to Claire Murton - cmurton@ascb.uk.com by NLT **Wed 12 Jan 18**. No team changes will be allowed on the day of the race.

(Signed Electronically on DII)

J Killoran
Maj (Retd)
Secretary AAA

Annexes:

- A [Army Athletic Association U23 Entry Form - Army Cross Country Championships 17 Jan 18](#)
- B [Army Athletic Association - Team Entry Form Army Cross Country Championships 17 Jan 18](#)
- C [Army Athletic Association - Individual Entry Form Army Cross Country Championships 17 Jan 18](#)

Distribution:

Regional Cross Country Secretaries *
HQ RC Comd *
HQ FTC - G7 PD SMI *
HQ 1 UK Div - G7 PD Mailbox *
HQ 3 UK Div - Pers PD SO2 *
LONDIST - SMI G7 PD *
SSgt. K. Wallace RAPTC - Officials Secretary *
Maj. D. Rudd - 3 RSME Regt *
Selected Units *

Information:

President AAA *
Chairman AAA *
COS ASCB *
ACOS ASCB *
CO RAPTC *
Members of the General Committee *
Garrison Radio *
Soldier Magazine *

**ARMY ATHLETIC ASSOCIATION U23 ENTRY FORM - ARMY CROSS COUNTRY
CHAMPIONSHIPS 17 JAN 18**

All details to be completed

To: The Secretary
Army Athletics Association
Mackenzie Building, Fox Lines
Queens Avenue, Aldershot
Hants, GU11 2LB

Entry into U23's Inter-Unit

Unit Name: Cap Badge:

TEAM LIST

Dates of birth must be given in each case - All athletes must under 23 as at 1 Sep 17.

Number	Rank	Name	Ints	DOB	Age on Day	Mobile No

It is confirmed that the appropriate entry fees are enclosed

Signed: Rank:

MUST BE RETURNED NO LATER THAN 12 JAN 18
E-MAIL CLAIRE - cmurton@ascb.uk.com
or Fax to: 94222 7094

ARMY ATHLETIC ASSOCIATION - TEAM ENTRY FORM ARMY CROSS COUNTRY
CHAMPIONSHIPS 17 JAN 18

All details to be completed

To: The Secretary
Army Athletics Association
Mackenzie Building, Fox Lines
Queens Avenue, Aldershot
Hants, GU11 2LB

Entry into U23's Inter-Unit	Major Unit	<input type="checkbox"/>
	Minor Unit	<input type="checkbox"/>
	Women's Unit	<input type="checkbox"/>
	Master's Team	<input type="checkbox"/>
	Female Masters Team	<input type="checkbox"/>

Unit Name:

Cap Badge:

TEAM LIST

Dates of birth must be given in each case.

Number	Rank	Name	Ints	DOB	Age on Day	Mobile No

It is confirmed that the appropriate entry fees are enclosed

Signed:

Rank:

MUST BE RETURNED NO LATER THAN 12 JAN 18
E-MAIL CLAIRE - cmurton@ascb.uk.com
or Fax to: 94222 7094

ARMY ATHLETIC ASSOCIATION - INDIVIDUAL ENTRY FORM ARMY CROSS COUNTRY CHAMPIONSHIPS 17 JAN 18

All details to be completed

To: The Secretary
Army Athletics Association
Mackenzie Building, Fox Lines
Queens Avenue, Aldershot
Hants, GU11 2LB

- | | | |
|-------------------|---------------------------|---|
| Entry into Events | Senior Male Individual | <input type="checkbox"/> |
| | Senior Female Individual | <input type="checkbox"/> |
| | U23 Male Individual | <input type="checkbox"/> Over 17 but under 23 |
| | U23 Female Individual | <input type="checkbox"/> 1 Sept 17 |
| | Masters Male Individual | <input type="checkbox"/> Men over 40 Women over |
| | Masters Female Individual | <input type="checkbox"/> 35 on the day of the race |

Unit Name:

Cap Badge:

TEAM LIST

Dates of birth must be given in each case

Number	Rank	Name	Ints	DOB	Age on Day	Mobile No

It is confirmed that the appropriate entry fees are enclosed

Signed:

Rank:

MUST BE RETURNED NO LATER THAN 12 JAN 18
E-MAIL CLAIRE - cmurton@ascb.uk.com
or Fax to: 94222 7094

NOTE: This entry form will be issued by Regional Cross Country secretaries for those athletes who qualify by finishing in the first 15 (male/female) of their respective class of the Command Championships who are not part of a unit team. This includes the first six U23's and first six Masters. A Secretary may also nominate on merit an individual who did NOT qualify but is a runner worthy of being included in the finals.