Ref: ATH/XC/7

See Distribution 14 June 2016

# **THE ARMY INTER UNIT CROSS COUNTRY RELAY CHAMPIONSHIPS - 12 OCTOBER 2016**

1. The Army Cross-Country Relay Championships will now be held at the Tweseldown Race Course, near Aldershot on Wednesday 12 October 2016 commencing at 1130 hours.

**COMPETITION DETAILS**

2. a. The following competitions will be contested:

1) Junior Team male and female } Race 1. Start 1130 hours

 2) Women’s Teams } Teams of 4 in all competitions.

 3) Veteran Teams Male & female}

4) All Units } Race 2. Start 1330 hours.

 Major and Minor } Teams of 4 in all competitions.

1. The course will be approximately 3 miles over undulating sandy tracks and heath land. Each competitor will cover the same course as a team relay, handing over by touch.

**WALKING THE COURSE**

3. Competitors may walk the course from 1000 hours on the day.

**PRIZES**

4. a. Army Athletics Association medals will be awarded in each of the above categories 1, 2 ,3 and 4 as follows:

1st Placed Team - Minimum of 4 competing teams.

2nd Placed Team - Minimum of 5 competing teams.

**ENTRIES**

5. a. Final Entries are to be submitted on the proforma at Annex ‘A and B’ by no later than **Wednesday 05 October 2016**. ***ENTRIES RECEIVED AFTER THIS DATE OR ON THE DAY WILL NOT BE ACCEPTED*.**

Team Captains who wish to change an individuals name may do so. **Name changes must be completed by no later than 1000 hrs on the day.**

b. Entry fees of £20.00 per team made payable to the ‘ASCB Central Bank’

must accompany all entry forms by post. ***Entries and team lists will be***

***accepted by fax however, entry fees must be forwarded prior to the***

***closing date.***

1. Units may enter more than 1 team but the Association will reserve the right to limit the number of teams entered by a single unit, if necessary. Units with composite teams that include civilian members of staff may compete but will

be ineligible for prizes. The event is open to all reserve units.

d. Cross Country competitors for Junior men & women shall be confined to

competitors who are aged 17, 18 or 19 on 31 August 2015 and under

20 on 31 December 2016.

e. Veteran ladies must be 35 or over and men must be 40 or over on the day of the competition. Units may enter composite teams of the same gender (‘hors concours’) but will not be eligible for prizes.

**ACCOMMODATION.**

6. Units requiring accommodation in Aldershot should apply direct to make their own arrangements including respective messes by contacting the Aldershot Accommodation Booking Centre on 01252 354305 or emailing them at defence.bookings@sodexho-uk.com as soon as details are known. Accommodation in Aldershot is scarce and is allocated on a first come, first served policy.

**TRAVEL**

7. Travel expenses for attending this event qualify as conditions of service travel for representative sport. Authority for travel to the competition is to be attributed to AG’s TLB. Travel at Public expense is authorised in accordance with 2014 DIN10-030.

**FINAL BRIEFING**

8. Team Captains are to report to the Organising Secretary at Tweseldown, by 1000 hours for the first race and by 1200 hours for the second race for the issue of chest cards and a final briefing. ***Running order and numbers submitted on team lists will remain extant.***

**PUBLICITY**

9. Bdes are requested to distribute the details of this event to units within their AOR and give this event the widest publicity.

K L Donkin

Secretary

Annexes:

A: Army Cross Country Relays Entry Form

B. Team Declaration Form.

C. Accommodation Booking Form

Action:

BA (G) Athletic Association

Support Command SA G7 PD

Bde SO3 PDs

Information:

Chairman and members of the General Committee

Soldier Magazine

Garrison Radio

Garrison Herald

ANNEX A TO

ATH/XC/8

Dated 14 June 16

## THE ARMY ATHELTICS ASSOCIATION

**ARMY INTER UNIT RELAY CHAMPIONSHIPS**

## TEAM LIST

The Secretary

Army Athletics Association

Ministry of Defence

Mackenzie Building Room G23,

Fox Lines, Queens Avenue

Aldershot

Hants, GU11 2LB

PLEASE TICK Major Unit ☐ Junior Women ☐

 Minor Unit ☐ Junior Male ☐

 Women’s Unit ☐ Veteran Male ☐

 Veteran Female ☐

DESIGNATION OF UNIT:………………………………………………………….

RUNNING COLOURS OF THIS UNIT ARE: VEST:…………………………….

 SHORTS:………………..……….

THE TEAM LIST IS AS FOLLOWS: **Dates of birth must be given in each case, with the names in running order. FULL TEAMS WILL NOT BE ENTERED ON THE DAY.**

**DO NOT FILL IN SHADED AREA. THIS IS FOR OFFICE USE ONLY.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Chest No | Rank | Name in Running Order | Inits | DOB | Age on Day |
| 1st Runner |  |  |  |  |  |  |
| 2nd Runner |  |  |  |  |  |  |
| 3rd Runner |  |  |  |  |  |  |
| 4th Runner |  |  |  |  |  |  |

***PLEASE IGNORE SHADED BOXES. (FOR OFFICE USE ONLY)***

Signed:……………………………………… Name (PRINT)………………………………….

Dated:………………………….. Tel No:………………………………………..

TO BE RETURNED BY FAX 94222 7094 NO LATER THAN WEDNESDAY 05 OCTOBER 2016

A1

**ANNEX B TO**

**ATH/XC/8**

**Dated 14 June 16**

**(To be completed in every detail and forwarded to the following address to arrive by**

**Wed 5 October 2016).**

The Secretary

ARMY ATHLETICS ASSOCIATION

Ministry of Defence

Mackenzie Building, Room G23

Fox Lines, Queens Avenue,

Aldershot

Hants, GU11 2LB

NAME OF UNIT:……………………………………………………………………………………...

Unit Postal Address:………………………………………………………………………………….

…………………………………………………………………………………………………….……

…………………………………………………………………………………………………….……

Unit Telephone number and name of Cross Country Officer:……………………………..…….

Brigade:……………………………………………………………………………………..…………

This unit wishes to enter Unit team(s) in the Army Relay Championships 2015, as follows:

Senior Major Units: (No of teams):…………………………………………………………………

Senior Minor Units: (No of teams):…………………………………………………………………

Junior Team (See para 5e):………………………………………………….………………………

Veteran Teams (See para 5f):……………………………………………………….………………

Women’s Teams:…………………………………………………………………..…………………

The attached team list must be sent before Wednesday **05 October 2016.**

The appropriate entry fee of £…………………..is enclosed (payable to **ASCB Central Bank**).

Date:………………………………..

Signature:………………………………………………………

UNIT STAMP:

## THIS ENTRY WILL NOT BE ACCEPTED WITHOUT THE APPROPRIATE ENTRY FEE

C1