Ref: ATH/XC/8

See Distribution 04 Jan 19

**ARMY INTER CORPS CROSS COUNTRY CHAMPIONSHIPS WED 27 FEB 2019**

**General**

1. By kind permission of the President REME XC, Brigadier A Stuart (Late REME), the 27th Army Inter Corps Cross Country (XC) Championships will take place on Wed 27 Feb 19 at SPTA Trg Area C NN Crossing on the Bulford Road. The venue will be signposted from Tidworth (this is the same course as both the REME and RLC Championships ran in Nov 18).

**Race Format and Team Composition**

2. The format of the day is as follows:

a. **Race 1 - Start 1300hrs - Distance approx. 6.5km**

1. Female Inter Corps Team Championships.
2. Female Inter Corps Masters[[1]](#footnote-1) Team Championships.

(3) Female Inter Corps Individual Junior[[2]](#footnote-2) Championships.

(4) Female Inter Corps Individual Senior Championships.

(5) Female Inter Corps Individual Masters Championships.

(6) Male Inter Corps U23 Team Championships.

(7) Male Inter Corps Individual U23 Championships.

b. **Race 2 - Start 1310hrs - Distance approx. 10km**

1. Male Inter Corps Senior Team Championships.

(2) Male Inter Corps Masters Team Championships.

(3) Male Inter Corps Individual Senior Championships.

(4) Male Inter Corps Individual Masters[[3]](#footnote-3) Championships.

**Team Entries**

3. Team compositions are as follows:

a. **Senior Male Teams:** 10 to run 8 to score.

b. **Female Teams:** 6 to run 4 to score.

c. **U23 Male Team** 6 to run 4 to score.

d. **Masters Male Teams:**  6 to run 4 to score.

e. **Masters Female Teams:** 4 to run 3 to score.

4. Runners may only compete in one team category i.e if a Master or U23 runner is registered as a member of a senior team, they cannot also count for a Master or U23 team. However, Masters are eligible for senior and individual prizes in addition to their own category.

**Eligibility**

5. All Regular Army Personnel, FTRS and Reserve Personnel Bounty qualified in the current training year are eligible to compete. Masters are defined as a male 40 years, female 35 years of age or over on the day of the race. An U23 is defined as a person under 23 years of age on the day of the race. Senior men’s and female teams may include U23’s and or Masters runners. All dates of births must be verified by the respective Corps XC Secretary: failure to declare Masters or U23’s within a senior team could result in an individual missing out on an individual prize.

**Team Entry Fees**

6**.** Entry fees are as follows, cheques should be made payable to **ASCB Central Bank** or by BACS to **Account no: 10529980 Sort Code: 16-19-26** reference Inter Corps XC.

a. Female’s Teams: Team Entry Fee £30.

b. Masters Female’s Teams: Team Entry Fee £30

c. U23 Men’s Teams: Team Entry Fee £30.

d. Senior Men’s Teams: Team Entry Fee £30.

e. Masters Men’s Teams: Team Entry Fee £30.

7. Corps wishing to enter the championships should complete the entry forms/Team declaration sheets at [Annex A](#_Annex_A_to) -E and forward it, along with the appropriate entry fee, to the Claire Murton by **NLT Wed 20 Feb 19**. Corps. Minor amendments will be allowed up until 1145hrs on the day of the race.

**Reporting and Briefing**

8. Registration will take place at the race start/finish point. All Corps Secretaries are requested to confirm their teams at registration between 1000 - 1230hrs. This will include finalised category teams, complete with Service numbers and date of births. All Corps Secretaries are to attend the Pre-race brief at 1150hrs.

**Course and Course Briefing**

9. The course briefing will be given to all at the Start point 1210 - 50mins prior to the start of the first race. (Race one scheduled to start at 1300). The course is approximately 6 miles long, undulating, muddy and grassed. There is a shorter 4 mile course of similar terrain for females and male U23s. Both courses are one lap and are suitable for steel spikes, but a good cross country shoe is recommended. The course can be walked from 1000hrs. The Event Secretary reserves the right to amend the course at short notice.

**Results**

10. 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 B - F. All results will be live on the EMIT-UK website [www.emit-uk.com](http://www.emit-uk.com) immediately after the race.

**Presentation of Prizes**

11. The presentation of the team and individual prizes will take place by the finish line at approximately 1415.

**Timings**

12. An outline of the programme of events is as follows:

a. 1000hrs Registration Opens

b. 1000-1200 Course open to allow competitors to walk the course

c. 1150 Corps Secretaries Race/Safety Briefing

d. 1145 Registration Closes

e. 1300 Female’s Race Starts

g. 1310 Men’s Race Starts

h. 1415 (approx) Prize Giving

**Administration**

13. **Course set up and administration.** 4 Armd CS Bn REME have kindly agreed to provide the Real Life Support for the event and are requested to co-ordinate the course set up and Army AA are responsible for the administration for this event.

14. **Officials and Markers**. 4 Armd CS Bn REME are requested to provide course markers for the event.

15. **Travel.** This letter is the authority for the individuals to travel at public expense to this approved AAA competition, in accordance with JSP660 and 2017DIN10-023. All travel arrangements are to be made by the cheapest and 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 should be made for this event.

16. **Directions and Parking**. The event details are as follows, SPTA Trg Area C NN Crossing on the Bulford Road. The location will be signposted from the Tidworth Stadium (SP9 7SG). Race registration and parking will be signposted.

17. **Accommodation.** All teams requiring accommodation are to try Larkhiill 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 or email defence.bookings@sodexo-uk.com. There is no accommodation in the Tidworth area and accommodation in Larkhill is scarce and is allocated on a first come, first served policy, so early booking is advised.

18. **Post Race Refreshments.** Post race light refreshments will be provided near to the finish line for all competitors.

19. **Medical.** The AAA Secretary is Event First Aid qualified for minor injuries. Emergency Services (999) will be used for more serious cases.

20. **Misc.** There will be Gazebos available for changing but space will be limited and for bag storage. Corps are encouraged to bring along their own branded Gazebos for their teams.

21. Showers will be available at the Tidworth lesuire Centre after the prize giving for those individuals that require showers (Nadder Road, Tidworth,SP9 7QN). Portaloos will be available on site for the duration of the competition.

**Point of Contact**

22. Any Corps XC Secretary requiring further information should contact the Event Secretary Capt M Lovell REME Michael.Lovell534@mod.gov.uk or Army Athletics Secretary Maj (Retd) J Killoran jkilloran@ascb.uk.com .

Original Signed

J Killoran

Maj (Retd)

Secretary AAA

Annexes:

1. [Entry Proforma](#AnnexA)
2. [Army Inter Corps Cross Country Championships Declaration sheet - Senior Men](#AnnexB)
3. [Army Inter Corps Cross Country Championships Declaration sheet - Female](#AnnexC)
4. [Army Inter Corps Cross Country Championships Declaration sheet - Masters Men](#AnnexD)
5. [Army Inter Corps Cross Country Championships Declaration sheet - U23 Men](#AnnexE)
6. [Army Inter Corps Cross Country Championships Declaration sheet - Masters Female](#AnnexD)

Distribution:

AAC Cross Country Secretary\*

AGC Cross Country Secretary\*

AMS Cross Country Secretary\*

Infantry Cross Country Secretary\*

Intelligence Corps Cross Country Secretary\*

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RAC Cross Country Secretary\*

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RLC Cross Country Secretary\*

Army Athletics Officials Secretary\*

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Army Athletics President\*

Army Athletics Chairman\*

Soldier Magazine\*

BFBS\*

Garrison Radio\*

###### Annex A to

**Inter Corps XC**

**Dated 04 Jan 19**

#### ARMY INTER CORPS XC CHAMPIONSHIPS 27 FEB 19

#### ENTRY PROFORMA

**To be returned by 20 Feb 19 with payment (Nil returns are requested)**

**To:** Claire Murton

Army Athletics Association

Rm G23 Mackenzie Building

Fox Lines, Queens Avenue

Aldershot, GU11 2LB

Fax 94222 7094

**From**: Corps ...................................................................................................

Point of contact......................................................................................

Address.................................................................................................

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Tel & Fax No .......................................................................................

This Corps will be entering the following:

\* Senior Men’s Team - £30.00

\* Female’s Team - £30.00

\* Masters Men’s Team - £30.00

\* U23 Men’s Team - £30.00

\* Masters Female’s Team - £30.00

Team Running Colours are: …………………………………………………………

\*I enclose a cheque for £ ………… Made payable to **Central Bank ASCB**

\*Payment for £……… has been made by Bacs

\* This Corps will not be entering the Championships (please give a reason) .

...................................................................................................................................................

Signed: ..................................................... Name: .............................................

Date: .....................................................

\* Delete as required.

######

###### Annex B to

**Inter Corps XC**

 **Dated 04 Jan 19**

#### ARMY INTER CORPS XC CHAMPIONSHIPS 27 FEB 19 TEAM DECLARATION SHEET –

#### SENIOR MEN’S TEAM

#### Team:

#### Dates of birth must be included

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| --- | --- | --- | --- | --- | --- | --- |
| **Number** | **Rank** | **Name** | **Ints** | **DOB** | **Age**  | **Mobile No** |
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**Signed: …………………………………………….**

**Name: ……………………………………………..**

**Rank: ……………………………………………..**

**Date: ……………………………………………..**

**Please return by 20 Feb 19 – email or fax to 94222 7094**

###### Annex C to

**Inter Corps XC**

**Dated 04 Jan 19**

#### ARMY INTER CORPS XC CHAMPIONSHIPS 27 FEB 19 TEAM DECLARATION SHEET –

#### FEMALE’S TEAM

#### Team:

#### Dates of birth must be included

|  |  |  |  |  |  |  |
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| **Number** | **Rank** | **Name** | **Ints** | **DOB** | **Age**  | **Mobile No** |
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**Signed:** .....................................................

**Name:** ......................................................

**Rank:** ........................................................

**Date:** ....................................................

**Please return by 20 Feb 19 – email or fax to 94222 7094**

###### Annex D to

**Inter Corps XC**

**Dated 04 Jan 19**

#### ARMY INTER CORPS XC CHAMPIONSHIPS 27 FEB 19 TEAM DECLARATION SHEET -

#### MASTERS MEN’S TEAM

#### Team:

#### Dates of birth must be included

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Number** | **Rank** | **Name** | **Ints** | **DOB** | **Age**  | **Mobile No** |
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**Rank:** ......................................................

**Date:** ....................................................

**Please return by 20 Feb 19 – email or fax to 94222 7094**

###### Annex E to

**Inter Corps XC**

 **Dated 04 Jan 19**

#### ARMY INTER CORPS XC CHAMPIONSHIPS 27 FEB 19 TEAM DECLARATION SHEET –

#### U23 MEN’S TEAM

#### Team:

#### Dates of birth must be included

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Number** | **Rank** | **Name** | **Ints** | **DOB** | **Age**  | **Mobile No** |
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**Signed:** .....................................................

**Name:** ......................................................

**Rank:** ......................................................

**Date:** ....................................................

**Please return by 20 Feb 19 – email or fax to 94222 7094**

###### Annex F to

**Inter Corps XC**

 **Dated 04 Jan 19**

#### ARMY INTER CORPS XC CHAMPIONSHIPS 27 FEB 19 TEAM DECLARATION SHEET –

#### MASTERS FEMALE’S TEAM

#### Team:

#### Dates of birth must be included

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| --- | --- | --- | --- | --- | --- | --- |
| **Number** | **Rank** | **Name** | **Ints** | **DOB** | **Age**  | **Mobile No** |
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**Signed:** .....................................................

**Name:** ......................................................

**Rank:** ......................................................

**Date:** ....................................................

**Please return by 20 Feb 19 – email or fax to 94222 7094**

1. Female Masters must be 35 years or over on the date of the race. [↑](#footnote-ref-1)
2. All juniors must be under the age of 23 years on the date of the race, agreed in the AGM in 2013. Note this definition is Inter Corps Cross Country Championships specific and different from all other competitions. [↑](#footnote-ref-2)
3. Men Masters must be 40 years or over on the date of the race. [↑](#footnote-ref-3)