Ref: ATH/Road/19

See Distribution 24 Jul 19

# **THE ARMY INTER UNIT CROSS COUNTRY RELAY CHAMPIONSHIPS - 16 OCTOBER 2019**

1. The Army Cross-Country Relay Championships will be held at the Tweseldown Race Course, near Aldershot, GU52 8AD on Wednesday 16 Oct 19 commencing at 1130 hours.

**COMPETITION DETAILS**

1. The following competitions will be contested:
2. Female Teams **Race 1** Starts 1130
3. Female Masters and Female U23 Team of 4 in all competitions
4. Mixed Teams (2x Female 2x Male per team)
5. All Major and Minor Units **Race 2** Starts 1330
6. Male Masters and Male U23 Team of 4 in all competitions

3. 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**

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

**RESULTS**

5. EMIT-UK will be providing the electronic timing and producing the results. If you would like your time sent to you via text message please provide your mobile number on the entry form found at Annex A. All results will be live on the EMIT-UK website [www.race-results.info](http://www.race-results.info), Electronic chips will be on the back of your running number. Do not remove the number until after you have finished the race.

**PRIZES**

6. 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 3 competing teams.

2nd Placed Team - Minimum of 3 competing teams.

**ENTRIES**

7. a. Teams wishing to enter are to do by submitting both Annex ‘A and B’ by no later than **Fri 11 Oct 19**. Entries after this date 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’ or by BACS to account no 10529980 sort code 16-19-26 reference XC Relays must accompany all entry forms. 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 organisers 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. All members of teams must be on the unit strength as at the date of the event.

d. Competitors for U23 male & female categories must be aged U23 on the day of the competition to be eligible to compete in these competitions.

e. Masters 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.

1. All mixed teams must have 2 female and 2 male athletes and all athletes must be from the same unit or be affiliated to that unit.
2. Male competitors who have entered the mixed race in the morning are able to compete in the Males race in ther afternoon as part of a unit male team.

**ACCOMMODATION**

8. Units requiring accommodation in Aldershot are responsible for making their own arrangements, including respective messes, by contacting the Aldershot Accommodation Booking Centre on 01252 354305 or email at [defence.bookings@sodexo.com](mailto:defence.bookings@sodexo.com). Accommodation in Aldershot is scarce and is allocated on a first come, first served policy, so early booking is advised.

**TRAVEL**

9. This letter is the authority for the individuals to travel at public expense to

this approved AAA competition, in accordance with JSP660 and **2019DIN10-025**. All travel arrangements are to be 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 allowance should be made for this event.

**PRE RACE BRIEFING**

10. Team Captains are to report to the Organising Secretary at Tweseldown, by 1000 on Wed 16 Oct 19 for **Race 1** and by 1200 for **Race 2** for a final briefing and to be issued team numbers. Running order and numbers submitted on team lists will remain extant.

**MEDICAL**

11. A first aid kit for minor injuries will be available at the Course and the organisor is pitchside first aid qualified. For serious injuries, casualties 999 will be called.

**PUBLICITY**

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

**PHOTOGRAPHY/PERSONAL DATA**

13. During the event imagery (photographs, audio/videos, films) may be taken in order to publicise/advertise the activities of the Army Athletics Association through commercial, editorial, public relations, recruitment, on-line media and/or any other use that is not defamatory, libellous or otherwise unlawful. Individuals should be aware that they would have no claim of ownership of the imagery/audio and that they will not receive remuneration for its usage now, nor in the future and that the imagery/audio may be cropped, modified or altered, without stating an objection. Individuals that do not consent to the above are to make that fact known to the event organiser who will ensure that their image is not captured or used.

14. Personal date will be collected for this event in line with the Army Athletics Privacy Policy and will only be retained for 30 days after the event.

15. The results,image(s) and/or recording(s) will be stored securely in appropriate file formats on servers belonging to the ASCB and/or its authorised agents. Results and Images will be retained indefinitely for ASCB historical records.

16. You have the right to request any image or personal information relating to you removed at any time and this can be removed by contacting [media@ascb.uk.com](mailto:%20media@ascb.uk.com) or the undersigned.

**YOUR RIGHTS**

17. You have the right to request to see a copy of the information we hold about you and to request corrections or deletions of the information that is no longer required. You can ask the University to stop using your images at any time, in which case it will not be used in future publications but may continue to appear in publications already in circulation.

You have the right to lodge a complaint against the ASCB regarding data protection issues with the Information Commissioner’s Office (<https://ico.org.uk/concerns/>).

Original Signed

J Killoran

Maj (Retd)

Secretary AAA

Annexes:

A: Army Cross Country Relays Entry Form

B. Team Declaration Form.

Action:

HQ RC Comd – PD Sports SMI

HQ FTC – G7 PD SMI

HQ 1 UK Div – G7 PD Mailbox

HQ 3 UK Div - Pers PD SO2

LONDIST – SMI G7 PD

Information:

Chairman and members of the General Committee

Soldier Magazine

Garrison Radio

ANNEX A TO

ATH/XC/8

Dated 24 Jul 19

## 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 ☐ U23 Female ☐

Minor Unit ☐ U23 Male ☐

Women’s Unit ☐ Masters Male ☐

Mixed Units ☐ Masters 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 COMPLETE SHADED AREA - FOR OFFICE USE ONLY).**

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

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

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

TO BE RETURNED BY FAX 94222 7094 NO LATER THAN FRI 11 OCT 19

ANNEX B TO

ATH/XC/8

Dated 24 Jul 19

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

**Fri 11 Oct 19).**

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 2018, as follows:

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

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

U23 Team (See para 5e):………………………………………………….………………………

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

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

Mixed Unit Team: (No of teams):…………………………………………………………………

The attached team list must be sent before Fri **11 Oct 2019.**

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