



ESTD 1911

Berks, Bucks & Oxon Cross Country Association 2023 Championships Entries Notice

Tuesday, 19 September 2023

Dear Club/Team Manager,

The Berks, Bucks and Oxon Cross Country Association (BBO) Championships for 2023 are scheduled to be held on **Sunday, 19th November 2023 at Newbury Showground** and will be hosted by Newbury AC. Full details of the schedule for the day of the Championships will be sent out to all clubs by early November 2023 in a Final Details Newsletter and will also be made available on the website.

Invitation

Clubs and organisations are invited to submit their entries for the 2023 BBO Championships. The closing date for membership and payment of the membership fee is **Sunday, 5th November 2023**.

Note: Non-receipt of affiliation and/or entry fees by the closing date will result in exclusion from the 2023 BBO Championships.

Volunteers Request

Volunteers will be required in order to enable the 2023 BBO Championships to go ahead. Marshals as well as a Fixture Referee, Adjudicator, Timekeepers, Recorders and a Results Runners will all be required. The Volunteers Request Form included later within this document is requested to be completed and returned by any clubs able to supply volunteers for the 2023 BBO Championships (– see page 4 of this document).

Lyme Disease Notice

When running through woodlands there is always a risk of being bitten by ticks etc. and therefore insect repellent containing DEET is advisable. Unfortunately, if a tick is infected with Lyme disease there is a possibility of it passing on the disease to runners. If after having run through woodlands or long grass you notice a red circular rash around a bite mark, it would be advisable to get it checked out sooner rather than later. Further details can be found on the NHS website at <https://www.nhs.uk/conditions/lymedisease/>.

Affiliation & Entry Fees

BBOCCA Affiliation Fees	Individual Fee
Athletics Clubs	£ 8.00
Youth Organisations	£ 5.00

Championship Individual Entries	Individual Fee
Senior Men & Women	£ 10.00
All Other Age Categories	£ 8.00

Championship Team Entries	1 st Team Fee	Each Additional Team
Under 20, Senior & Veteran Women (<i>The President's Shield</i>)	£ 32.00	£ 17.00
<i>Race Start Time: 11:30hrs Race Distance (Approx.): 8.0km Teams of 8 to run, first 3 to score. Veteran women athletes will be included in the competition for The Arthur Kilbery Shield. All 3 categories run together.</i>		
Under 20, Senior & Veteran Men (<i>The Howard Palmer Shield</i>)	£ 42.00	£ 21.00
<i>Race Start Time: 12:15hrs Race Distance (Approx.): 8.0km Teams of 12 to run, first 6 to score. Veteran men athletes will be included in the competition for The Reg Green Shield. All 3 categories run together.</i>		
Under 13 Girls (<i>The Bracknell 50 Shield</i>)	£ 32.00	£ 17.00
<i>Race Start Time: 13:20hrs Race Distance (Approx.): 3.5km Teams of 6 to run, first 3 to score.</i>		
Under 13 Boys (<i>H. D. Hawkins Shield</i>)	£ 32.00	£ 17.00
<i>Race Start Time: 13:40hrs Race Distance (Approx.): 3.5km Teams of 6 to run, first 3 to score.</i>		
Under 15 Girls (<i>The Chairman's Shield</i>)	£ 32.00	£ 17.00
<i>Race Start Time: 14:00hrs Race Distance (Approx.): 4.0km Teams of 6 to run, first 3 to score.</i>		
Under 15 Boys (<i>The Den Deane Shield</i>)	£ 32.00	£ 17.00
<i>Race Start Time: 14:25hrs Race Distance (Approx.): 4.0km Teams of 6 to run, first 3 to score.</i>		
Under 17 Girls (<i>Ward Shield</i>)	£ 32.00	£ 17.00
<i>Race Start Time: 14:50hrs Race Distance (Approx.): 6.0km Teams of 6 to run, first 3 to score.</i>		
Under 17 Boys (<i>The Desborough Challenge Cup</i>)	£ 32.00	£ 17.00
<i>Race Start Time: 14:50hrs Race Distance (Approx.): 6.0km Teams of 6 to run, first 3 to score.</i>		

Age Categories

Please ensure all athletes are correctly entered. All athlete entries will be verified against the athlete's date of birth as registered with England Athletics.

- **Under 13 Boys & Girls:** 11 or 12 years of age on 31st August 2023.
(Athletes under the age of 11 must not be entered – as per updated UKA 2022-24 rule T3 S3(1).)
- **Under 15 Boys & Girls:** 13 or 14 years of age on 31st August 2023.
- **Under 17 Boys & Girls:** 15 or 16 years of age on 31st August 2023.
- **Under 20 Men & Women:** 17, 18 or 19 years of age on 31st August 2023.
- **Senior Men & Women:** 20-34 years of age on 31st August 2023.
- **Veteran Men & Women:** 35 years of age on 31st August 2023.

Championship Prizes

- **Under 13 Boys & Girls / Under 15 Boys & Girls / Under 17 Boys & Girls:**
 - Medals to be awarded to the first three athletes in each category to finish.
 - Medals also to be awarded to the first three athletes of the first three teams in each category, subject to a minimum of eight teams being entered.
 - Category trophy to be awarded to the winning team.

- **Under 20 Men & Women / Senior Men & Women / Veteran Men & Women:**
 - Medals to be awarded to the first three Under 20, Senior and Veteran athletes to finish.
 - Medals also to be awarded to the first three athletes (first six athletes in the case of the men) of the first three teams, subject to a minimum of eight teams being entered.
 - Overall team trophy to be awarded to the winning men's and women's teams.
 - Veteran team trophy to be awarded to the winning veteran men's and women's teams.

Rules

All clubs, organisations and athletes are advised and reminded to read the BBO Rules (– please refer to the BBO Rules as set out on the BBO website: <https://bbocca.uk/about/rules/>).

Entry Form & Payment of Fees

Please complete the separate entry form (– see page 5 of this document) and return the form along with the remittance for the entry fees due either by post or by email as specified on the form.

Athlete & Team Entries

Athlete and team entries are at the same time to be submitted to the Entries & Results Secretary using the separate .csv (– can be opened by any spreadsheet program) supplied, again by the deadline indicated at the bottom of the entry form.

Race Numbers

Race numbers are to be collected on the day. All athletes are advised to arrive early to ensure they collect their race numbers ahead of their race with sufficient time to spare.

Entry Guidance Notes

- 1) Each competitor must be:
 - a. a first claim members of the club they represent.
 - b. registered with England Athletics (EA) and their EA registration fee have been paid and processed.
 - c. eligible to compete under UK Athletics (UKA) Rules for cross country running.
- 2) Individual entries may be entered by an affiliated club.
- 3) All entries must be submitted using the .csv entries template provided. Please ensure the .csv file format is retained on submission of entries and double-check the athlete dates of birth to ensure the correct data is submitted.
- 4) Athlete eligibility to compete will be checked using the athlete EA registration number (URN). The status of an athlete's EA registration can be checked by visiting: <https://myathletics.englandathletics.org/licencecheck/>.
- 5) Any athlete whose entry fails the EA Licence Check will be refused entry to the 2023 BBO Cross Country Championships, unless the issue associated with his/her entry is resolved by the secondary entry deadline of Monday, 13th November.
- 6) Club vests must be worn in all races.
- 7) The Under 17 Boys and Girls run together.

2023 BBO Cross Country Championships – Volunteers Request Form

<i>Volunteer 1 Name:</i>	<i>Name of Club:</i>
<i>Telephone:</i>	<i>Email Address:</i>
<i>Preferred Role (Tick all roles prepared to undertake):</i>	
<input type="checkbox"/> <i>Referee</i> <input type="checkbox"/> <i>Timekeeper</i> <input type="checkbox"/> <i>Marshal</i> <input type="checkbox"/> <i>Results Runner</i>	
<i>Volunteer 2 Name:</i>	<i>Name of Club:</i>
<i>Telephone:</i>	<i>Email Address:</i>
<i>Preferred Role (Tick all roles prepared to undertake):</i>	
<input type="checkbox"/> <i>Referee</i> <input type="checkbox"/> <i>Timekeeper</i> <input type="checkbox"/> <i>Marshal</i> <input type="checkbox"/> <i>Results Runner</i>	
<i>Volunteer 3 Name:</i>	<i>Name of Club:</i>
<i>Telephone:</i>	<i>Email Address:</i>
<i>Preferred Role (Tick all roles prepared to undertake):</i>	
<input type="checkbox"/> <i>Referee</i> <input type="checkbox"/> <i>Timekeeper</i> <input type="checkbox"/> <i>Marshal</i> <input type="checkbox"/> <i>Results Runner</i>	
<i>Volunteer 4 Name:</i>	<i>Name of Club:</i>
<i>Telephone:</i>	<i>Email Address:</i>
<i>Preferred Role (Tick all roles prepared to undertake):</i>	
<input type="checkbox"/> <i>Referee</i> <input type="checkbox"/> <i>Timekeeper</i> <input type="checkbox"/> <i>Marshal</i> <input type="checkbox"/> <i>Results Runner</i>	
<i>Volunteer 5 Name:</i>	<i>Name of Club:</i>
<i>Telephone:</i>	<i>Email Address:</i>
<i>Preferred Role (Tick all roles prepared to undertake):</i>	
<input type="checkbox"/> <i>Referee</i> <input type="checkbox"/> <i>Timekeeper</i> <input type="checkbox"/> <i>Marshal</i> <input type="checkbox"/> <i>Results Runner</i>	

IMPORTANT: Volunteer details to be submitted with Entry Form by: **Sunday, 12th November 2023.**

2023 BBO Cross Country Championships – Entry Form

<i>Contact Name:</i>	<i>Name of Club:</i>		
<i>Telephone:</i>	<i>Email Address:</i>		
<i>Postal Address:</i>			
<i>Number of Team Entries:</i>	<i>Club BBOCCA Affiliation:</i> ____		
<i>Under 13 Girls:</i> ____	<i>Under 15 Girls:</i> ____	<i>Under 17 Girls:</i> ____	<i>U20/Sen/Vet Women:</i> ____
<i>Under 13 Boys:</i> ____	<i>Under 15 Boys:</i> ____	<i>Under 17 Boys:</i> ____	<i>U20/Sen/Vet Men:</i> ____
<i>Number of Individual Entries:</i>	<i>Senior Men/Women:</i> ____	<i>Other Category:</i> ____	
Payment of the 2023 BBO affiliation fee due £_____ and entry fees due £_____ has been made online.			
<input type="checkbox"/> (Please tick this box to confirm:) Our club/team agrees to abide by the rules of the BBO Cross Country Association and accepts that with regard to any dispute the BBO Committee's decision will be final.			
<input type="checkbox"/> We agree to promote car sharing among our club/team members.			
<i>Online payment only (– no cheques will be accepted) of affiliation and entry fees to:</i>			
<i>A/c Name: BBO Cross Country Association</i>			
<i>Bank: Lloyds Bank Plc</i>			
<i>A/c No.: 00434858</i>			
<i>Sort Code: 30-95-36</i>			
<i>Reference: <use Club/Athlete Code – see §></i>			
<i>Please email the completed form(s) to both:</i>			
<i>treasurer@bbocca.uk and entries@bbocca.uk</i>			
IMPORTANT: Deadline for receipt of BBO athlete entries and entry fees: Sunday, 5th November 2023.			

§ – Entry Form Notes:

If the entry form is being completed on behalf of a club, enter the respective club code as the payment reference. If a club needs to submit additional entries, add 2, 3 or 4, etc on the end of the club code to indicate the batch number of the entries processed. Please refer to the Club Codes page below for the relevant club code.

If the entry form is being completed on behalf of an individual athlete, please enter the athlete's EA URN (England Athletics athlete registration number). If person completing the form or the athlete, him- or herself, does not know the relevant EA URN, please contact the athlete's club membership secretary to obtain that information.

Club Codes

Please refer to the table below for your club's code to be used as the payment reference for entry fees.

Club	Code	Club	Code
<i>Berkshire Clubs:</i>			
Bracknell AC	BKNL	Reading Roadrunners	RDRR
Compton Harriers RC	CPTH	Sandhurst Joggers	SHST
Cookham RC	CKHM	Slough Junior AC	SLOJ
Datchet Dashers	DASH	Team Kennet Triathlon & AC	TKNT
Hungerford Hares RC	HGFD	Thames Valley Triathletes	THVT
Maidenhead AC	MDAC	Wellington College Club	WCOL
Newbury AC	NWBY	Windsor Slough Eton & Hounslow AC	WSEH
Reading AC	RDAC		
<i>Buckinghamshire Clubs:</i>			
Bearbrook RC	BRBK	Marshall Milton Keynes AC	MKAC
Buckingham & Stowe RC	BSRC	Milton Keynes Distance Project	MKDP
Burnham Joggers	BNHJ	Olney Runners AC	OLNY
Chiltern Harriers AC	CTNH	On the Run Aylesbury	OTRA
Finch Coasters	FCHC	Shenley Striders	SHNS
Handy Cross Runners	HNDX	Vale of Aylesbury AC	VOAC
Hazlemere Runners	HZMR	Vegan Runners UK	VRUK
Marlow Striders	MLWS	Wycombe Phoenix Harriers & AC	WPHH
<i>Oxfordshire Clubs:</i>			
Abbey RC	ABBY	Heyford Aardvarks RC	HARC
Abingdon AC	ABGN	Hook Norton Harriers	HKNH
Adderbury RC	ADBY	Kidlington RC	KDLN
Alchester RC	ALCH	North Cotswold Tri & Run	NCTR
Banbury Harriers AC	BANH	Oxford Brookes University AC	OBRK
Benson Striders	BSNS	Oxford City AC	OCAC
Bicester AC	BICA	Oxford Tri	OTRI
Bicester Tri	BICT	Oxford University AC	OUNI
Cherwell Runners & Joggers	CHRJ	Radley AC	RDLY
Didcot Runners	DCTR	Radley College Harriers	RDCH
Eynsham Roadrunners	EYRR	Thame Runners	THMR
Great Milton AC	GMAC	White Horse Harriers AC	WHSH

Harwell Harriers	HWLH	Witney Roadrunners	WTRR
Headington RoadRunners	HDGN	Woodstock Harriers AC	WSTK

Kind Regards

Graham Bridges

Entries & Results Secretary