



ESTD 1911

## ***BBO Officers***

***President:*** Dennis Daly

***Vice Presidents:*** Andy Tuttle, Maxwell Cowlin, Martyn Cartwright, Pat Ferguson

***Ambassador:*** The late Major John Hamilton

***Chairman:*** Benedict Pollard

***Secretary:*** Lynne Nike

***Treasurer:*** Jessica Gibbon

***Committee Members:*** Dene Stringfellow, Phil Marshall, Tom Baker, Andy Tuttle

## **Berks, Bucks & Oxon Cross Country Association 2024 Championships Entries Notice**

*Wednesday, 25 September 2024*

Dear Club/Team Manager,

We are delighted to announce that the Berks, Bucks and Oxon Cross Country Association (BBO) Championships for 2024 are scheduled to be held on **Sunday, 17<sup>th</sup> November 2024 at Broughton Castle, Banbury, OX15 5EB**, hosted by the BBO Committee.

Full details of the course maps and schedule for the day of the Championships will be sent out to all clubs and organisations in early November 2024 in a Final Details Newsletter and made available on the BBO website (<https://bbocca.uk>).



### **Invitation**

Clubs and organisations are invited to submit their entries for the 2024 BBO Championships. The closing date and time are **Sunday, 3<sup>rd</sup> November 2024 at 23:59pm**. **Note: non-receipt of entries by the closing date will result in exclusion from the event.**

### **Volunteers Request**

Volunteers will be required for the Championships to go ahead. Marshals, a Fixture Referee, Adjudicator, Timekeepers, Recorders and a Results Runners are required. Clubs are encouraged to supply at least one volunteer to help the BBO Association ensure the event runs smoothly. Please complete the volunteer form on *page 6 of this document accordingly*.

## Championship and Under-11 Races

*For the 2024 BBO Championships, teams will consist of the first 3 runners to finish, excepting in the Under-20, Senior & Veteran Men's race, in which the first team will comprise of the first 6 finishers.*

*Under-11 races are not official Championship Races, but team medals and trophies will be awarded, as per the other age categories.*

*Please note that race start times will be confirmed after entries close on November 3<sup>rd</sup>.*

### Under-20, Senior & Veteran Women (*The President's Shield*)

*Start Time: 11:00am                  Distance (Approx.): 8.0km*  
*Veteran women athletes will be included in the competition for **The Arthur Kilbery Shield**.*  
*All 3 age categories run together.*

### Under-20, Senior & Veteran Men (*Howard Palmer Shield*)

*Start Time: 11:45am                  Distance (Approx.): 8.0km*  
*Veteran men athletes will be included in the competition for **The Reg Green Shield**.*  
*All 3 age categories run together.*

### Under-11 Girls (*Max Cowling Shield*)\* (*not a Championship Race*)

*Start Time: 12:35pm                  Distance (Approx.): 2.0km*

### Under-11 Boys (*Major John Hamilton Shield*)\* (*not a Championship Race*)

*Start Time: 12:50pm                  Distance (Approx.): 2.0km*

### Under-13 Girls (*Bracknell 50 Shield*)

*Start Time: 1:05pm                  Distance (Approx.): 3.5km*

### Under-13 Boys (*H. D. Hawkins Shield*)

*Start Time: 1:25pm                  Distance (Approx.): 3.5km*

### Under-15 Girls (*Chairman's Shield*)

*Start Time: 1:45pm                  Distance (Approx.): 4.0km*

### Under-15 Boys (*Den Deane Shield*)

*Start Time: 2:10pm                  Distance (Approx.): 4.0km*

### Combined Race

**Under-17 Girls (*Ward Shield*) &**  
**Under-17 Boys (*Desborough Challenge Cup*)**

*Race Start Time: 2:35pm                  Race Distance (Approx.): 6.0km*

## Entries: Affiliation & Athlete Fees; Payments

For 2024, the BBO is initiating an online entry system for the first time, using OpenTrack, here: <https://data.opentrack.run/en-gb/x/2024/GBR/bboxc/>

The BBO Committee agreed to waive club affiliation fees for 2024 and amend the Championship entry fees, as summarised below.

BBO Club Affiliation Fees	Fee
Athletics Clubs & Other Organisations	not applicable for 2024

Athlete Entry Fees (per athlete)	Fee
Senior / Veteran Men & Women	£ 12.00
Under-17, Under-15, Under-13	£ 10.00
Under-11	£ 8.00

## Athlete & Team Entries

Team Entries are no longer required, as club teams will be automatically compiled by OpenTrack. Team Managers are of course still encouraged to recruit their athletes and asked to simply enter their runners online, using the link above which can also be found via the BBO website. It is also possible for individual entries to be made, as OpenTrack ensures that athletes can't be entered twice (e.g. by both the runner and the Team Manager).

## Race Numbers

Race numbers are to be collected on the day, in an A4-sized envelope, one per club. These will be available in a plastic box by the finishing funnel. A course map printout will also be included. All athletes are advised to arrive early to ensure they collect their race numbers well ahead of their race with sufficient time to spare.

## Entry Guidance Notes

- 1) Each competitor must:
  - a. be a first claim member of the club they represent\* (**please see note below for Oxford University runners (OUAC/OUCCC)**).
  - b. be registered with England Athletics (EA).
  - c. have paid and processed their EA registration fee.
  - d. be eligible to compete under UK Athletics (UKA) Rules for cross country running.
- 2) All entries and fees must be submitted and paid online using the OpenTrack website.
- 3) 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/>.
- 4) Any athlete whose entry fails the EA Licence Check will be refused entry to the 2024 BBO Cross Country Championships, unless the issue associated with his/her entry is resolved by the secondary entry deadline of Monday, 11<sup>th</sup> November 23:59pm.
- 5) Club vests must be worn in all races, excepting Under-11s who may instead wear a club t-shirt.
- 6) The Under-17 Boys and Under-17 Girls run together.
- 7) Please note that it is a condition of entry that your club/team agrees to abide by the rules of the BBO Cross Country Association (notwithstanding the points made above regarding proposed rule changes) and accepts that with regard to any dispute the BBO Committee's decision will be final.
- 8) We encourage clubs to promote car-sharing among club/team members.

\* exceptions are being made for Oxford University athletes. Any Oxford University Cross Country Club runner who is registered first-claim for OUCCC (under Oxford University Athletics Club) can enter in the same way as other athletes using the OpenTrack link above. Those OUCCC who are registered 1<sup>st</sup> claim for Cross Country with their home team or club not in the tri-county area can still run in the BBO 2024 Championships. Either they can change their 1<sup>st</sup> claim affiliation to OUAC before the final race Entry deadline, or they can run as 'guests'. Please contact your Team Manager in the first instance. If other Berks, Bucks or Oxon School or University teams eligible to run in the BBO Champs, but with second claim runners, wish to follow a similar entry process, please email [entries@bbocca.uk](mailto:entries@bbocca.uk) to discuss.

**Note on Fees:** the entry and affiliation fee changes for the 2024 BBO Championships were discussed by the BBO Committee on 12<sup>th</sup> August 2024 and finalised at a Committee meeting on 16<sup>th</sup> September 2024 . It was decided that the proposed changes would need to be discussed at an official BBO AGM but recognised that the next AGM is not scheduled until around summer 2025. We welcome all comments before then, to put to a vote ahead of the 2025 Championships. Email: [secretary@bbocca.uk](mailto:secretary@bbocca.uk)

## Age Categories

Please ensure all athletes are correctly entered and have valid EA affiliation (except Under-11s).

All athlete entries will be verified against their date of birth, as registered with England Athletics.

- **Under-11 Boys & Girls:** 9 or 10 years of age on 31<sup>st</sup> August 2024.
- **Under-13 Boys & Girls:** 11 or 12 years of age on 31<sup>st</sup> August 2024.
- **Under-15 Boys & Girls:** 13 or 14 years of age on 31<sup>st</sup> August 2024.
- **Under-17 Boys & Girls:** 15 or 16 years of age on 31<sup>st</sup> August 2024.
- **Under-20 Men & Women:** 17, 18 or 19 years of age on 31<sup>st</sup> August 2024.
- **Senior Men & Women:** 20-39 years of age on 31<sup>st</sup> August 2024.
- **Veteran Men & Women:** 35 years of age and above on 31<sup>st</sup> August 2024.

## Championship Prizes

*The Prizes will be presented by the Castle Gatehouse, across the moat, towards the Castle.*

*Broughton Castle has been in the same family since 1377, and we are honoured to announce that the present steward – Lord Martin Fiennes, 22nd Baron Saye & Sele – has kindly agreed to hand out the medals and trophies to the winning runners and teams.*

**Prizes are as follows:**

- **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.
  - 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.
  - 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.

## \* Under-11 Races and Trophies

Under-11 Boys and Girls races will be held for the first time at the 2024 event. They will not be official Championship events, as non EA-registered athletes are not eligible to run under UK Athletics rules. However, medals for the first three finishers, and for the three members of each winning team will be awarded, and we are delighted to inaugurate two new team trophies as follows:

The **Under-11 Girls' Team** trophy will be known as the **Max Cowlin Shield**.

Max is a very long-standing supporter of the BBO. He is a current Vice-President, has been involved in the organising committee or as an official for over 50 years, including for many years as BBO Secretary. His immense contribution to the continuation and longevity of the Association and his ongoing enthusiasm and support over such a long time are a remarkable achievement, and we feel it is quite fitting that his service and dedication be recognised in this way, with our sincere gratitude.

The **Under-11 Boys' Team** trophy will be called the **Major John Hamilton Shield**.

In July 2023, Major John Hamilton kindly agreed to become the BBO's inaugural '**Ambassador**' with a view to encouraging amateur fitness, competition and sporting participation. John sadly passed away in January 2024, only a few months shy of the grand age of 106. He was an anti-aircraft gunner protecting the beaches during the May 1940 evacuation of the British Expeditionary Force at Dunkirk in World War II, a skilled all-round sportsman throughout his life, and a keen track runner and 'miler'. He ran in the Clifton College 1<sup>st</sup> VIII Cross Country team, amazingly around 90 years ago, from 1934-1936. In recent years he became an increasingly public advocate for keeping fit, lifting weights, and held age-group world records on the rowing machine. Even at the age of 100 he attended his local gym five days a week, completing 400 sit-ups a day!

<https://www.wiltshiretimes.co.uk/news/23495137.one-last-remaining-dunkirk-heroes-celebrates-105th-birthday/>).

A formal announcement of his Ambassadorial role, with an accompanying article, will be made before the 2024 BBO Championships. His children were presented with a framed certificate of his Ambassadorship at his memorial service by our current Chairman in January 2024, and in September his daughter Sara gave her blessing to the naming of the shield, saying "what a lovely idea and how proud my father would have been". He was very supportive of the participation of the younger generations in competitive team sports, and we feel it eminently appropriate to honour such a formidable and inspiring man in this way.

## Rules

All clubs, organisations and athletes are advised and reminded to read the BBO Rules (*– please refer to the Rules as set out on the website: <https://bbocca.uk/about/rules/>*). Please note that a review of the Rules by the BBO Committee was undertaken on 12<sup>th</sup> August 2024 with a view to simplifying the Entry process by introducing online entries for the first time. As such, amendments to Rules 4, 6 and 8 were proposed and provisionally agreed, and will be presented to the 2025 AGM for a vote.

## 2024 BBO Cross Country Championships – Volunteers Request Form

1) Volunteer name:	Name of Club:
Telephone:	Email address:
Preferred role (Tick all roles prepared to undertake): <input type="checkbox"/> Referee <input type="checkbox"/> Timekeeper/Recorder <input type="checkbox"/> Marshal <input type="checkbox"/> Results Runner	
2) Volunteer name:	Name of Club:
Telephone:	Email address:
Preferred role (Tick all roles prepared to undertake): <input type="checkbox"/> Referee <input type="checkbox"/> Timekeeper/Recorder <input type="checkbox"/> Marshal <input type="checkbox"/> Results Runner	
3) Volunteer name:	Name of Club:
Telephone:	Email address:
Preferred Role (Tick all roles prepared to undertake): <input type="checkbox"/> Referee <input type="checkbox"/> Timekeeper/Recorder <input type="checkbox"/> Marshal <input type="checkbox"/> Results Runner	
4) Volunteer name:	Name of Club:
Telephone:	Email address:
Preferred role (Tick all roles prepared to undertake): <input type="checkbox"/> Referee <input type="checkbox"/> Timekeeper/Recorder <input type="checkbox"/> Marshal <input type="checkbox"/> Results Runner	
<b>IMPORTANT:</b> Volunteer details to be submitted via email by: <b>Sunday, 3<sup>rd</sup> November 2024 23:59pm.</b> Please scan or photograph the completed form and email a clear copy to both: <a href="mailto:secretary@bbocca.uk">secretary@bbocca.uk</a> and <a href="mailto:entries@bbocca.uk">entries@bbocca.uk</a>	

Looking forward to welcoming you to the magnificent Broughton Castle on 17<sup>th</sup> November.

Benedict Pollard  
**Chairman**

## Sponsors

We are delighted and grateful to have received a generous amount of sponsorship towards the 2024 BBO Championships from:

**TAILORMADE Building Solutions Ltd**, and **Mighty Fine Oaks**: growers and suppliers of oak trees of ancient lineage.

Do please give their websites a look.



[www.tm-bs.com](http://www.tm-bs.com)



[www.mightyfineoaks.com](http://www.mightyfineoaks.com)

## Lyme Disease advisory

When walking or running, especially in long grass, tall vegetation or woodlands there is a small chance of encountering ticks - the likelihood can be minimised by applying an insect repellent containing DEET. It may be helpful to do a 'tick check' when you get home – if you notice a tick or a large red circular rash around a bite mark, it would be advisable to seek medical advice (if a tick is infected with Lyme disease there is a possibility of its transmission to humans). Further details can be found on the NHS website

<https://www.nhs.uk/conditions/lymedisease/>