CLUB CROSS COUNTRY

With No Cross Country events available to run in due to mainly venues not being available, the Club has decided to stage its own event to keep members motivated. So, we plan to hold an event for Club Members only at the rear of Popham Airfield on Saturday Morning 12th December. There will be 2 Races, a Women’s race followed by a Men’s race.

We will have procedures in place to keep all athletes, officials, and spectators safe and hope that you will respect and comply with all the rules set. It is going to look and feel a bit different to a usual Cross Country event but like everyone, we are having to learn and adapt.

*By entering this event you are acknowledging and agreeing to the following*

*1. Observe Social Distancing while you are always on site.*

*2.There will be NO toilet facilities for athletes and any supporters .*

*3. To limit your time at the event you need to arrive, register, warm up in a designated area, report for you event, compete, cool down and depart in a time efficient manner*

*4. Only athletes and officials will be allowed on the Course*

*5. Popham Airfield is a big site, once parked go to the administration table to collect your race number, hand sanitizer will be available but please make sure you have your own with you.*

*6. Results will not be published at the event but will be available online shortly after the last event.*

*7. The races will be held on the Course we hold for the HCCL using the large lap the reverse way round, the length of both races will be approx. 3K*

*8. No shouting unless you are wearing a face mask*

*9. Detailed instructions about the course, warm up areas and protocols will be emailed after your entry has been confirmed*

Entry is free

Only entries from athletes who have paid their annual membership fees will be accepted

To reduce the need to have a Timekeepers and Recorders, Athletes if they want a time for their run a will be expected to time themselves but finish order will be recorded.

Held under UKA Rules

Events A Women’s Race for Senior, Under 20 and Under 17 category athletes

A Men’s Race for Senior, Under 20 and Under 17 category athletes

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age Group SNR/VET/U20/ U17\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Male/Female\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Tel No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Print e-mail for confirmation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

England Athletics URN \_\_\_\_\_\_\_\_\_\_\_\_

This event is being held under England Athletics - Return to Cross Country and GOV.UK COVID-19 Secure guidelines and as such we will be sending out detailed instructions re registration, warmup area, social distancing, competition protocols and results - once your entry is received.

By entering you are committing to following government guidelines and will inform us if in the 7 days prior event you or anyone in your household develop any COVID like symptoms or have been in contact with anyone with symptoms. <https://www.nhs.uk/conditions/coronavirus-Covid-19/>  Your contact data will be retained for 21 days from event date, then deleted.

If you are U18 you must also follow the athlete/parent guidance where necessary again available on the England Athletics website.

Sign/enter name below to acknowledge and confirm the above (parent to sign if athlete is Under 18)

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tel No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

e-Mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Entry Forms e-mailed to openmeet@bmhac.co.uk**

# Closing Date for entry: Wednesday 9th December

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