

# U.K. Counties Athletic Union

Affiliated to UK Athletics Limited  
President: CLIFF ROBINSON



Nottingham  
City Council

Dear Colleague

20<sup>th</sup> November 2025

## 2026 UK INTER COUNTIES CROSS COUNTRY CHAMPIONSHIPS

I wish to inform you that the 2026 UK Inter Counties Cross Country Championships, supported by British Athletics, will be held in the Grounds of Wollaton Park, Nottingham on Saturday 7<sup>th</sup> March 2026. Please **NOTE** that **ALL** entries are to be done online again this year and no later than Monday 7<sup>th</sup> February 2026.

### Entry Details:

Each County/District is invited to enter up to 12 athletes per event with 8 to run and 4 only to score for team awards, with the exception of the Senior Men and Senior Women's races, which shall be 15 to enter, with 9 to run and 6 to score for the team.

**PLEASE NOTE : If an Athlete competes in an England County, Scottish District, Welsh Region or Northern Ireland XC Championships, in the year of competition, then they are only eligible to represent that County, District, Region or Northern Ireland in the Inter-Counties.**

**Age Groups:** For Entries to the CAU:

These are as defined by U.K.Athletics:

Boys and Girls under 13 years as at Midnight 31<sup>st</sup> August/1<sup>st</sup> September 2025

Boys and Girls under 15 years as at Midnight 31<sup>st</sup> August/1<sup>st</sup> September 2025

Men and Women under 17 years as at Midnight 31<sup>st</sup> August/1<sup>st</sup> September 2025

Men and Women under 20 years as at Midnight 31<sup>st</sup> December 2026

Senior Men and Women over 20 years as at Midnight 31<sup>st</sup> December 2026

**Entry Fees: £27 per Team. Payment online**

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## Awards:

UK County Athletic Union Championship Plaques will be awarded to the first three individuals to finish and Medals to the four scoring members of the first three teams to finish, excepting for the Senior Men and Senior Women's races which shall be the six scoring team members. UK CAU Medals will also be awarded to the most improved team in the Senior Men's races.

UK CAU Inter County Championship Trophies shall be awarded to the first Senior Men's team to finish nine runners, the Most Improved Team in the Senior Men's and the best overall performance in the championships.

Please note that the Presentations of Individual and Team awards will take place on the course at 12.45 for first four races, and again at 14.30 and leaving the Senior Men's when its ready.

**ONLINE ENTRIES:-** Go to [www.race-results.co.uk/ukcau.htm](http://www.race-results.co.uk/ukcau.htm)

Note that you may need to set up a new account on the system if you do not have an account for your county entries – club entry accounts are not valid.

You will be able to add/delete athletes if required (until the entry closing date) by logging back into your entry.

Acknowledgement of your County/District entry together with travel, parking and changing information will be forwarded to Team Managers following the receipt of your **entry**.

Yours Sincerely,

**Joe Mower**  
**Cross County Secretary**  
**Telephone 01473 216289**  
**Email: [josephgmower@hotmail.com](mailto:josephgmower@hotmail.com)**