



**MIDLAND COUNTIES
MIDLAND COUNTIES CROSS-COUNTRY ASSOCIATION
MIDLAND WOMEN'S OPEN FIVE MILE
CROSS COUNTRY RACE**

**To be held at
High Harcourt Farm, Romsley, Halesowen B62 0NQ**

**SATURDAY 22nd NOVEMBER 2025
START – 1.00 P.M.**

ENTRY FORM FOR SENIOR WOMEN

To compete in the Senior Women's race athletes must be 17 years and over by midnight 31st August/1st September 2025. If an athlete was married in the last twelve months, please state her maiden name.

Clubs may enter as many athletes as they wish, all may run provided that their entry has been accepted.

The first four from each club will score for the team.

ENTRY FEES: SENIORS £10 per individual. Please pay entry fees to M.C.A.A. at Lloyds Bank, Sort Code: 30:00:06 Account number: 01685720 quoting MCAA7&5/2025 as the reference.

All athletes **MUST** have a Midland Counties eligibility to enter the Midland 5 mile Championship.

MIDLAND ELIGIBILITY – All competitors must have at least one of the following qualifications:

- The athlete having been born in the Midlands (see below).
- A minimum of 9 months continuous residence in the Midlands immediately prior to the event to be competed in.
NB: University Residence does not count as a Midlands qualification.
- By first claim membership of an EA affiliated Club within the Midlands Competition Area that has registered with EA for cross-country running and is a member of the EA registration scheme.

Birth/Residence qualification is in one of the following:

Avon, Herefordshire, Gloucestershire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire, Worcestershire.

The organisers reserve the right to refuse entries and revise dates where necessary.

Qualifications for entering the Midland Team Championships.

- a) First claim membership of a club within the Midlands competition area that is affiliated to England Athletics for cross-country.
- b) An athlete that does not have Midland eligibility, yet runs for a Midlands eligible club, may run for that club and score in the Team event, although she will not be illegible for an individual award.

I hereby declare that:

- a) The entered athletes are amateurs as defined by UK: Athletics rules for competition.
- b) All athletes entered are registered and fully paid-up members of England Athletics.
- c) All members are first claim members of the club, duly elected on the date shown and eligible to represent the club according to ECCA Championship regulations.
- d) The club agrees to abide by the Midland Counties Cross-Country Association Rules (Any rules not catered for in these shall be as stated in the ECCA and UK: Athletics rules for competition.

Signed..... Printed Name..... Date.....

Address:

..... Postcode:

Tel no: email:

Entry fee transferred on:

Please return to:

Email: RoadandXC@mcaa.org.uk

Closing date for Entries: Sunday 9th November 2025 (No late entries will be accepted)