

# **NOTTINGHAMSHIRE AAA COUNTY TRAIL RUNNING CHAMPIONSHIPS**

## **2025**

**Sunday, 30<sup>th</sup> November 2025 10.30 am**

**RUN2U Events Edwinstowe Christmas 10k Trail race**

**Sherwood Forest National Nature Reserve Country Park, Edwinstowe**

**Run under UKA rules**

**ONLINE ENTRIES ARE OPEN AT**

**<https://englandathletics.sport80.com/public/wizard/e/28875>**

**Entries will close some days before the race. Do not rely upon entry being available on the day. If you wish to enter the Notts trail running championships you are strongly advised to enter online.**

**The Edwinstowe 10k trail race organiser has kindly agreed for the race to host again the Nottinghamshire AAA County Trail Running Championships and on behalf of Nottinghamshire runners and Nottinghamshire AAA, I extend my thanks.**

Shortly before the event, the race organiser will email all pre-entered runners final and comprehensive details for race day.

### **NOTTS TRAIL CHAMPIONSHIPS RACE RULES**

Competitors must be over 18 for the Nottinghamshire Trail Running Championships and must compete for their first claim club (unattached [not members of a club] runners may compete in 2025).

Nottinghamshire qualification based upon

birth in county or

residence for the last 9 months in Nottinghamshire

AND no previous participation in a championship race for another county in this competition year eg cross-country for Lincolnshire by residency then Nottinghamshire trail by birth is not permitted.

County championship individual medals to men and women in open (available to all age categories), U23 (ie 18-22), V40, V50, V60, V70 and V80+.

The default team championship for all clubs is a senior team (for men and women) with 3 runners to count and can consist of senior (aged 18-39) and / or veteran runners aged over 40.

**If a club also wishes to enter a veteran team (3 to count and comprised of runners aged V40 category and older), this team must be nominated with the runners' names at the Notts registration desk on the day of the race AND before the race by the club's captain.**

If a club also wishes to enter a mixed team (3 to count and comprised of runners of any age and a mixed team can be either one man and two women or two men and one woman), this team must be nominated with the runners' names at the Notts registration desk on the day of the race AND before the race by the club captain.

Runners can only score in one team category; clubs can have teams in all three categories of open, vet and mixed.

All team category medals will be determined by the first 3 finishing and so scoring runners from each club on position NOT times; in the event of teams tied on points the last scoring runner nearest the winner determines final team position.

Medal presentations or distribution to club officials will take place after the race at a later date and it is hoped that this will be at the county cross country championships in early January 2026.

Results for the race will be derived from the overall race results and it is hoped that the Notts Championships results will be processed and available as soon as possible during the week after the race and placed on the Notts AAA website at

<https://www.nottsaaa.org/>

Running shoes suitable for running over mixed and off-road terrain are advised. Club vests must be worn and visible and be advised to wear other clothing suitable for weather conditions on race day.

### **Sporting conduct and sanctions**

Any protest or objection by a competitor or club against the placing of another competitor or a club's team or against the conduct of another competitor must be made to the Race Organiser ([topwilko@yahoo.com](mailto:topwilko@yahoo.com)) within one week of the publication of the results on the Notts AAA website.

It is expected that runners' conduct themselves and behave within the rules of the sport and with the utmost courtesy towards race officials, course marshals, spectators, and other runners. At the Notts Trail Champs, I am expecting common sense and the usual good hearted camaraderie to prevail for a great race atmosphere as always; race officials including the Notts AAA organisers are unpaid volunteers that give of their (considerable) time freely to put on events so that other runners can enjoy great sport; please be respectful and considerate to everyone and generous with your thanks!

Any runner whose behaviour at and before the race including registration, during the race and afterwards whilst still at the race that falls short of what is reasonably expected of good sporting conduct, will receive a polite initial reminder of the need for good conduct ie a 'yellow card'; continued poor behaviour and / or failure to comply with a race officials request will result in a 'red card' and race disqualification. Following a disqualification by an official the race referee has the final say on the disqualification: a race referee's decision is final, there is no appeal system at a later date. A runner's club will be notified of the incident and disqualification (and may face any club sanction their rules permit) as will Notts AAA and UKA who may impose their own sanctions / bans. Serious acts of poor conduct (including infringements before, during or after the race) especially the abuse of any race official will merit automatic disqualification.

NB Notts AAA officials will not engage in any discussion on the merits or otherwise of the Notts Trail Champs rules; any suggestions about the Notts Trail Champs and its rules can be made and sent to [topwilko@yahoo.com](mailto:topwilko@yahoo.com) and any comments will be brought to the relevant Notts AAA committee meeting for discussion and any outcome published in that meetings minutes.

**IN THE EVENT OF SEVERE WEATHER ON OR FORECAST FOR RACE DAY,  
CHECK THE RACE WEBSITE AND / OR MESSAGES BY THE RACE ORGANISER  
FOR UPDATES / CANCELLATION / DELAYED START TIME OR MESSAGES SENT  
AND SHARED VIA THE NOTTS TRAIL WHATSAPP GROUP FOR NOTTS  
RUNNERS.**

Please direct any enquiries to Dicky Wilkinson at [www.topwilko@yahoo.com](mailto:www.topwilko@yahoo.com)