



England Athletics

Patron: Her Majesty the Queen

English Cross Country Association



National Cross Country Relays 2014

Saturday 1st November 2014

Berry Hill Park, Mansfield, Nottinghamshire NG18 4JR

Please NOTE that ALL entries to be done Online : www.race-results.co.uk

11.00am	Junior Womens (3x2.5K) Ages 17-18-19 as at 31st August/1st September 2014
11.09am	Under 17 Women (3x2.5K) Ages 15 & 16 years as at 31st August/1st September 2014
11.40am	Junior Men (3x3k) Ages 17-18-19 as at 31st August/1st September 2014
12.05pm	Under 17 years (3x3K) Ages 15 & 16 years as at 31st August/1st September 2014
12.30pm	Under 13 Girls (3x2K) Ages 11 & 12 years as at 31st August/1st September 2014 11 years on day of competition
12.55pm	Under 13 Boys (3x2K) Ages 11 & 12 years as at 31st August/1st September 2014 11 years on day of competition
1.20pm	Under 15 Girls (3x2K) Ages 13 & 14 years as at 31st August/1st September 2014
1.45pm	Under 15 Boys (3x2K) Ages 13 & 14 years as at 31st August/1st September 2014
2.05pm	Senior Women (3x3K) Age must exceed 20 years as at 31st August/1st September 2014
2.40pm	Senior Men (4x5K) Age must exceed 20 years as at 31st August/1st September 2014

1. Clubs can nominate 12 names per Senior Men's team and 9 for all other teams entered.
i.e. Max of 36 names for 3 Teams entered in Senior Men and 27 for 3 Teams entered in all other age groups.
2. Entries must all be done online.
3. The entry fee is £35 for senior men's relay (x4) and £25 for all other relays (x3)
4. Normal first claim and age group rules apply.
5. Clubs may enter Foreign Athletes **BUT ALL must** be Bona Fide and Permanent Residents in the UK and Registered as Foreign Athletes with UKA by January 1st 2014
6. Clubs are required to complete and sign a declaration form on the day from names on the entry list.
7. Race information will be sent by email after the closing date.
8. Only names entered can compete, no substitutions are allowed, all athletes **MUST** be registered with England Athletics
9. Closing date for entries is **Friday 10th October 2014**.