



ENGLAND ATHLETICS



English Cross Country Association

The Saucony National Cross Country Championships 2019

Harewood House, Leeds on Saturday 23rd February 2019 at 11.00 am

Under 17 Women Championship (5K) at 11.00 am Ages 15 & 16 years as at 31st August 2018

FOUR to score – all accepted entrants may run.

Under 15 Boys Championship (4K) at 11.25 am. Ages 13 & 14 years as at 31st August 2018

FOUR to score – all accepted entrants may run.

Under 13 Girls Championship (3K) at 11.45 pm Ages 11 & 12 years as at 31st August 2018

(11 years on the day of competition). FOUR to score – all accepted entrants may run.

Under 17 Men Championship (6K) at 12.05 pm Ages 15 & 16 years as at 31st August 2018

FOUR to score – all accepted entrants may run.

Under 13 Boys Championship (3K) at 12.30 pm Ages 11 & 12 years as at 31st August 2018

(11 years on the day of competition). FOUR to score – all accepted entrants may run.

Under 15 Girls Championship (4K) at 12.45 pm. Ages 13 & 14 years as at 31st August 2018

FOUR to score – all accepted entrants may run.

Junior Women Championship (6K) at 1.05 pm Ages 17, 18 & 19 years as at 31st August 2018

THREE to score – all accepted entrants may run.

Senior Women Championship (8K) at 1.35 pm Age must exceed 20 years as at 31st August 2018

FOUR to score – all accepted entrants may run.

Junior Men Championship (10K) at 2.20 pm Ages 17, 18 & 19 years as at 31st August 2018

FOUR to score – all accepted entrants may run.

Senior Men Championship (12K) at 3.00 pm Age must exceed 20 years as at 31st August 2018

SIX to score – all accepted entrants may run.

Qualification

- (1) Only Clubs affiliated to England Athletics (EA) may enter, checks will be made and all athletes listed **MUST** be registered also with EA.
- (2) All athletes must be **First-claim members** of their club. Athletes who do not qualify for team competition may enter but must be clearly indicated on the online system.
- (3) **Full-time student** members of recognised, affiliated Higher Education clubs may only represent their Higher Education club if their first claim club is not entered as a team in that particular race. The Higher Education teams will not be eligible for awards.
- (4) **Athletes may only compete in their own age group.**
- (5) **Club colours:** Athletes **MUST** wear a club vest registered in the same colours and design to be eligible for team and individual competition. Athletes must wear clothing suitable for cross country running in cold weather.
- (6) **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 2018

All Entries to be done online and the closing date is Friday 11th January 2019

Enquires to: J.G.R.Mower, 188 Hadleigh Road, Ipswich IP2 0DH. Tel.(01473) 216289

LATE ENTRIES WILL NOT BE ACCEPTED.

Entry Fees – ALL ENTRANTS £8 each.

Online Entries to – <https://www.race-results.co.uk/results/2019/natxc19e.php>

Competitors Numbers & Chips : These must be collected by appointed team manager. Full set of an age group numbers can be signed for (NO part collection). Non used Chips should then be returned to the Registration Marquee and Used Chips to be placed in bins after Race- unreturned Chips will be charged to Clubs at **£7 per chip.**

Acknowledgement – Final travel, parking, collection of numbers and chips, changing details and other relevant information will be sent to all clubs via email.

Date: 05.07.18