



ENGLAND ATHLETICS



English Cross Country Association

# The Saucony National Cross Country Championships 2018

Parliament Hill, London, on Saturday 24<sup>th</sup> February 2018 at 11.00 am

**Under 17 Women Championship (5K)** at 11.00 am Ages 15 & 16 years as at 31<sup>st</sup> August 2017

FOUR to score – all accepted entrants may run.

**Under 15 Boys Championship (4.5K)** at 11.25 am. Ages 13 & 14 years as at 31<sup>st</sup> August 2017

FOUR to score – all accepted entrants may run.

**Under 13 Girls Championship (3K)** at 11.45 pm Ages 11 & 12 years as at 31<sup>st</sup> August 2017

(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 31<sup>st</sup> August 2017

FOUR to score – all accepted entrants may run.

**Under 13 Boys Championship (3K)** at 12.30 pm Ages 11 & 12 years as at 31<sup>st</sup> August 2017

(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 31<sup>st</sup> August 2017

FOUR to score – all accepted entrants may run.

**Junior Women Championship (6K)** at 1.05 pm Ages 17, 18 & 19 years as at 31<sup>st</sup> August 2017

**THREE** to score – all accepted entrants may run.

**Junior Men Championship (10K)** at 1.35 pm Ages 17, 18 & 19 years as at 31<sup>st</sup> August 2017

FOUR to score – all accepted entrants may run.

**Senior Women Championship (8K)** at 2.20 pm Age must exceed 20 years as at 31<sup>st</sup> August 2017

FOUR to score – all accepted entrants may run.

**Senior Men Championship (12K)** at 3.00 pm Age must exceed 20 years as at 31<sup>st</sup> August 2017

SIX to score – all accepted entrants may run.

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## Qualification

- (1) Only Clubs affiliated to England Athletics (EA) may enter, checks will be made and all athletes listed should 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 1<sup>st</sup> 2017

**All Entries to be done online and the closing date is Friday 12<sup>th</sup> January 2018**

**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/2018/natxc18e.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 respecticles 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: 31.07.2017**