

**NORTH OF ENGLAND START FITNESS CROSS COUNTRY CHAMPIONSHIPS  
2019 (PROMOTED BY NORTHERN ATHLETICS)**

(Under UKA Rules)

UK Permit No. 2019013

**Saturday 26<sup>th</sup> January 2019**

**Pontefract Park, Park Rd, Pontefract WF8 4QD**

**CHAMPIONSHIP EVENTS - TIMETABLE**

<b>11.00</b>	<b>Under 17 Women</b>	5.03K	Competitors 15 & 16 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2018
<b>11.25</b>	<b>Junior Women</b>	5.7K	Competitors 17, 18 & 19 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2018
<b>11.55</b>	<b>Under 13 Girls</b>	3.05K	Competitors 11 years on the day of competition & 12 years on 31 <sup>st</sup> Aug / 1 <sup>st</sup> Sep 2018
<b>12.10</b>	<b>Under 17 Men</b>	<b>6.37K</b>	Competitors 15 & 16 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2018
<b>12.40</b>	<b>Under 13 Boys</b>	3.05.K	Competitors 11 years on the day of competition & 12 years on 31 <sup>st</sup> Aug/ 1 <sup>st</sup> Sept 2018
<b>12.55</b>	<b>Under 15 Girls</b>	4K	Competitors 13 & 14 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2018
<b>13.20</b>	<b>Under 15 Boys</b>	4K	Competitors 13 & 14 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2018
<b>13.40</b>	<b>Junior Men</b>	8.05K	Competitors 17, 18 & 19 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2018
<b>14.15</b>	<b>Senior Women</b>	8.05K	Competitors 20 years and over on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2018
<b>15.05</b>	<b>Senior Men</b>	12.1K	Competitors 20 years and over on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2018

**Entries**

All entries must be submitted through the Northern Athletics website online entry system. Postal entries will be accepted only under special circumstances and must be requested from the NA office. Entry fee £8.00 per entrant for Senior & Junior age groups and £7.00 per entrant for all other age groups. Programmes will be on sale for £2.00.

The online system can also be accessed via the link on the NA or Sportsoft websites.

**Closing date for online entries – 11<sup>th</sup> January 2019**

**NO LATE ENTRIES WILL BE ACCEPTED**

**Conditions of Entry**

All clubs based in the Northern Athletics Area for 2018/19 may enter as many first-claim members as they wish in all events **provided they are affiliated to both Northern Athletics and England Athletics for 2018/19**. All athletes **MUST** be **currently** registered with England Athletics as **1<sup>st</sup> Claim members of that club**. First-claim members who do not qualify for team competition may run but these entries must be clearly marked with an asterisk. Any Foreign Athletes in the team **MUST** also be currently registered with UKA as Foreign Athletes. **All team and athlete affiliation will be verified prior to the event.**

The first SIX in the Senior Men's race and first FOUR in all other races will be a club's scoring counters, except the Junior Women's event which will be THREE scoring counters. Only one registered Foreign Athlete can count in the scoring team.

**Club Colours (as registered with EA) must be worn.**

**Notes**

- 1. Team entries will be accepted only from Clubs who have registered their 2018-2019 Cross Country affiliation with England Athletics and are affiliated to Northern Athletics. All athletes must be registered with England Athletics and individual athlete affiliation fees for the current year (2018/19) must be paid prior to the date of the event.**
- 2. No competitor may compete unless his or her name appears in the programme. No guest competitors will be allowed. Acknowledgements will be by return email. Timetable, travel directions and further instructions will be posted on the NA website.**
- 3. Chip Timing will be used.**
- 4. No athlete is allowed to compete in the Championships of more than one Area Association in any discipline in any 9 month period. NB: This applies to all disciplines.**
- 5. Refer to Northern Athletics website for full championship conditions**
- 6. NA reserves the right to ask any athlete to withdraw from a race on health and safety grounds where, continuing to compete may put either themselves or other athletes at risk, and, if told to do so on the direction of a race official the athlete must comply with the request.**