

**NORTHERN ATHLETICS
GREAT NORTH CROSS COUNTRY
CHAMPIONSHIPS
(Under UKA Rules)**

Sherdley Park, St Helens

Saturday 24th January 2009 at 11.30 a.m.

Under 17 Womens Championship	(4.5km) at 11.30am. Competitors 15 & 16 years on 31 st August / 1 st September 2008
Under 17 Mens Championship	(6km) at 11.55am. Competitors 15 & 16 years on 31 st August / 1 st September 2008
Under 13 Girls Championship	(3km) at 12.15pm. Competitors 11 years on the day of competition & 12 years on 31 st August / 1 st September 2008
Senior Womens Championship	(8km) at 12.25pm. Competitors 20 years and over on 31 st August / 1 st September 2008
Under 15 Boys Championship	(4km) at 1.10pm. Competitors 13 & 14 years on 31 st August / 1 st September 2008
Under 15 Girls Championship	(4km) at 1.30pm. Competitors 13 & 14 years on 31 st August / 1 st September 2008
Under 13 Boys Championship	(3km) at 1.50pm. Competitors 11 years on the day of competition & 12 years on 31 st August / 1 st September 2008
Senior Mens Championship	(12km) at 2.00pm. Competitors 20 years and over on 31 st August / 1 st September 2008
Under 20 Mens Championship	(8km) at 3.00pm. Competitors 17, 18 & 19 years on 31 st August / 1 st September 2008
Under 20 Womens Championship	(6km) at 3.20pm. Competitors 17, 18 & 19 years on 31 st August / 1 st September 2008

Entries

All entries must be submitted through the Northern Athletics website online entry system or on official entry forms which must be requested from the NA Office by telephone or email and returned to the address below fully completed with the correct entry fees. Cheques and postal orders must be made payable to Northern Athletics. Please do not send cash or postage stamps. Entry fee £4.00 per entrant for Senior & Under 20 age groups and £3.50 per entrant for all other age groups. Programmes will be on sale for £2.00. Clubs may wish to buy programmes at the reduced rate of £7.50 for 5 programmes in advance. To use our online entry system please go to

{**HYPERLINK** "<http://www.race-results.co.uk/onlineentries/2008/noe08.htm>"} and follow the instructions.

Closing date for entries Monday 15th December 2008

Please return to: **Northern Athletics, 7a, Wellington Road East, Dewsbury WF13 1HF**
Tel: 01924 457922. Fax: 01924 459383. E-mail: info@northernathletics.org.uk.

NO LATE ENTRIES WILL BE ACCEPTED

Conditions of Entry

All clubs based in the former NoEAA Territory may enter as many first-claim members as they wish in all events **provided they are affiliated to England Athletics**. First-claim members who do not qualify for team competition may run but these entries must be clearly marked with an asterisk. The first SIX in the Senior Men's race and first FOUR in all other races will be a club's scoring counters.

Club Colours (as registered in the programme) must be worn.

Notes

- 1. Team entries will be accepted only from Clubs who have registered their 2008-2009 Cross Country affiliation with England Athletics.**
- 2. No competitor may compete unless his or her name appears in the programme. No guest competitors will be allowed**
- 3. Acknowledgements will be sent upon receipt of an SAE along with travel directions and further instructions or in the case of online entries an automatic acknowledgement will be generated.**