



Northern Athletics
In association with
Sheffield Running Club
Presents

Balfour Beatty
Utility Solutions

**The 1st Annual Northern Cross Country
Relay Championships**
*incorporating The Cutler's Relay, South Yorkshire
Cross Country Relay Championships & The Yorkshire
Veterans AA Cross Country Relay Championships*
(Under UKA Rules)
Permit Number
at



Graves Park, Sheffield
Saturday 9th October 2010
Supported by
BALFOUR BEATTY UTILITY SOLUTIONS
&
AMATEUR ATHLETIC ASSOCIATION

Timetable of Events

Time	Event	Stages	Distance
11.00am	Under 11 Girls & Boys (SYAA Champs only)	3	1500m
11.25	Under 13 Boys	3	1800m
11.30	Under 13 Girls	3	1800m
11.55	Under 15 Boys	3	2000m
12.00pm	Under 15 Girls	3	2000m
12.30	Under 17 Men	3	2300m
12.35	Under 17 Women	3	2300m
13.15	Masters/Senior/Junior Women	3	2 miles
14.15	Masters Men	3	2 miles
14.15	Senior/Junior Men 'The Cutlers Relay'	4	2 miles

To use our online entry system please go to:

www.race-results.co.uk/onlineentries/2010/noexcrels10.htm and follow the instructions.

CLUB COLOURS & VEST/CROP TOP ALL OF THE SAME DESIGN MUST BE WORN

Clubs may submit a maximum of 9 names per team (3 Stage) or 12 names per team (4 Stage) There is no restriction as to the number of teams a club may enter.

Closing date for entries 30th September 2010

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

Age Groups

U11	
U13	Competitors 11 years on the day of competition & 12 years on 31 st August/1 st September 2010
U15	Competitors 13 & 14 years on 31 st August / 1 st September 2010
U17	Competitors 15 & 16 years on 31 st August / 1 st September 2010
Junior	Competitors 17, 18 & 19 years on 31 st August / 1 st September 2010
Senior	Competitors 20 years and over on 31 st August / 1 st September 2010
Masters	All age groups – Competitors must be at least 35 years and the correct age for the appropriate category on the day of competition.

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 fees as below.

U17/U15/U13 /U11	£9.00 per team
All Masters & Senior/Junior Women	£12.00 per team (3 Stage)
Senior/Junior Men	£16.00 per team (4 Stage)

Conditions of Entry

- Entries from Clubs will only be accepted if the Club is currently affiliated to England Athletics.
- Team members **MUST** be first claim members of that club AND registered with England Athletics. **England Athletics Registration Numbers MUST be included. Athletes without registration numbers will not be entered.**
- Clubs entering Yorkshire Veterans Championships **must** be affiliated to YVAA.
- Entries must be submitted on the official entry form with the correct fees
- Late & incorrectly submitted entries will not be accepted and will be returned
- Acknowledgement of entry and final instructions will only be sent to those Clubs that submit a SAE with entry
- Clubs that knowingly run ineligible or unregistered runners will be disqualified and may have their entry refused for the 2011 event
- 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 and travel information etc posted on the NA website at www.northernathletics.org.uk.
- Please ensure that you have completed the correct entry form for the race in which you wish to compete. **Please complete a separate entry form for each age group.**

Prizes & Awards

Northern Championships

Championship medals will be awarded to the first 3 'A' teams to finish (male & female) in each age group excluding U11 age group.

South Yorkshire AA Championships

Championship medals will be awarded to the first 3 'A' teams to finish (male & female) in each age group (Minimum of 4 teams per age group) entered in the South Yorkshire Championships.

Vouchers for SYAA winners donated by 'Keep On Running' will also be awarded as follows:

Men	1 st - £25 x 4,	2 nd - £15 x 4,	3 rd - £10 x 4
Fastest Leg	1 st - £25,	2 nd - £15,	3 rd - £10
Women	1 st - £25 x 3,	2 nd - £15 x 3,	3 rd - £10 x 3
Fastest Leg	1 st - £25,	2 nd - £15,	3 rd - £10

Yorkshire Veterans AA Championships (for YVAA affiliated clubs only)

1st 3 teams in M35-39, 40-49, 50-59, & W35-44, 45-54.

1st 2 teams in M60-69. 1st team only in W55+ & M70+