



Northern Athletics
In association with
Sheffield Running Club
Presents



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 17th October 2015
Supported by the A.A.A.



Timetable of Events

Time	Event	Stages	Distance
11.00am	Under 17 Women	3	2300m
11.05	Under 17 Men	3	2300m
11.35	Under 11 Girls	3	1500m
11.40	Under11 Boys	3	1500m
12.00pm	Under 13 Girls	3	1800m
12.05	Under 13 Boys	3	1800m
12.40	Under 15 Girls	3	2000m
12.45	Under 15 Boys	3	2000m
13.15	Masters/Senior Women	3	2 miles
14.15	Masters Men	3	2 miles
14.15	Senior Men 'The Cutlers Relay'	4	2 miles

To use our online entry system please go to:

www.race-results.co.uk 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 except in U11 event where a maximum of 2 teams per club will be accepted.

Closing date for entries 9th OCTOBER 2015

Northern Athletics, 7a, Wellington Road East, Dewsbury WF13 1HF

Tel: 01924 457922. E-mail: info@northernathletics.org.uk.

Age Groups

U11 Competitors 9 & 10 years on day of competition.

U13 Competitors 11 years on the day of competition & 12 years on 31st August / 1st September 2015

U15 Competitors 13 & 14 years on 31st August / 1st September 2015

U17 Competitors 15 & 16 years on 31st August / 1st September 2015

Senior Competitors 17 years and over on 31st August / 1st September 2015

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

Entry fees as below.

U17/U15/U13 /U11

£18.00 per team

All Masters & Senior Women

£18.00 per team (3 Stage)

Senior Men

£24.00 per team (4 Stage)

Conditions of Entry

- Entries from Clubs will only be accepted if the Club is currently affiliated to England Athletics and based in the Northern Athletics area. 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 accepted. (U11 athletes are exempt from this condition)**
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. A club can enter as many foreign athletes as they wish but only 2 may run in each declared team
- Clubs entering Yorkshire Veterans Championships **must** be affiliated to YVAA.
- Entries **must** be submitted via the official online entry system and the correct fees paid at the time of entry.
- Late & incorrectly submitted entries will be rejected by the Sportsoft entry portal
- Acknowledgement of entry will be by return email and final instructions will be emailed prior to the event.
- Clubs that run ineligible or unregistered runners will be disqualified and may have their entry refused for the 2016 event
- All Northern Athletics Clubs affiliated to England Athletics are eligible to enter the 2016 National Championships

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. (Non Championship event; Awards will be made to the first three U11 teams).

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.

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+