



# England Athletics

Patron: Her Majesty the Queen

English Cross Country Association



# National Cross Country Relays 2016

Saturday 5<sup>th</sup> November 2016

Berry Hill Park, Mansfield, Nottinghamshire NG18 4JR

Please NOTE that ALL entries to be done Online : [www.race-results.co.uk/results/2016/natxcrele.php](http://www.race-results.co.uk/results/2016/natxcrele.php)

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<b>11.00am</b>	<b>Junior Womens</b> (3x2.5K) Ages 17-18-19 as at 31st August/1st September 2016
<b>11.09am</b>	<b>Under 17 Women</b> (3x2.5K) Ages 15 & 16 years as at 31st August/1st September 2016
<b>11.40am</b>	<b>Junior Men</b> (3x3k) Ages 17-18-19 as at 31st August/1st September 2016
<b>12.05pm</b>	<b>Under 17 Men</b> (3x3K) Ages 15 & 16 years as at 31st August/1st September 2016
<b>12.30pm</b>	<b>Under 13 Girls</b> (3x2K) Ages 11 & 12 years as at 31st August/1st September 2016 11 years on day of competition
<b>12.55pm</b>	<b>Under 13 Boys</b> (3x2K) Ages 11 & 12 years as at 31st August/1st September 2016 11 years on day of competition
<b>1.20pm</b>	<b>Under 15 Girls</b> (3x2K) Ages 13 & 14 years as at 31st August/1st September 2016
<b>1.45pm</b>	<b>Under 15 Boys</b> (3x2K) Ages 13 & 14 years as at 31st August/1st September 2016
<b>2.05pm</b>	<b>Senior Women</b> (3x3K) Age must exceed 20 years as at 31st August/1st September 2016
<b>2.40pm</b>	<b>Senior Men</b> (4x5K) Age must exceed 20 years as at 31st August/1st September 2016

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1. Clubs can nominate 12 names per Senior Men's team and 9 for all other teams entered.  
i.e. Max of 36 names for 3 Teams entered in Senior Men and 27 for 3 Teams entered in all other age groups.
  2. Entries must all be done online.
  3. The entry fee is £36 for senior men's relay (x4) and £26 for all other relays (x3)
  4. Normal first claim and age group rules apply.
  5. 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> 2016
  6. Clubs are required to complete and sign a declaration form on the day from names on the entry list.
  7. Race information will be sent by email after the closing date.
  8. Only names entered can compete, no substitutions are allowed, all athletes **MUST** be registered with England Athletics
  9. Closing date for entries is **Friday 14th October 2016**.