



NORTHERN ATHLETICS START FITNESS CROSS COUNTRY CHAMPIONSHIPS 2017

(Under UKA Rules)
UK Permit No. 2017010
Saturday 28th January 2017
Knowsley Safari Park

CHAMPIONSHIP EVENTS - TIMETABLE

11.00	Under 17 Women	5.3K	Competitors 15 & 16 years on 31 st August / 1 st September 2016
11.35	Junior Women	5.8K	Competitors 17, 18 & 19 years on 31 st August / 1 st September 2016
11.55	Under 13 Girls	3K	Competitors 11 years on the day of competition & 12 years on 31 st Aug / 1 st Sep 2016
12.10	Under 17 Men	5.8K	Competitors 15 & 16 years on 31 st August / 1 st September 2016
12.40	Under 13 Boys	3.K	Competitors 11 years on the day of competition & 12 years on 31 st Aug/ 1 st Sep 2016
12.55	Under 15 Girls	4K	Competitors 13 & 14 years on 31 st August / 1 st September 2016
13.20	Under 15 Boys	4K	Competitors 13 & 14 years on 31 st August / 1 st September 2016
13.40	Junior Men	8K	Competitors 17, 18 & 19 years on 31 st August / 1 st September 2016
14.15	Senior Women	8K	Competitors 20 years and over on 31 st August / 1 st September 2016
15.05	Senior Men	12K	Competitors 20 years and over on 31 st August / 1 st September 2016

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 £7.00 per entrant for Senior & Junior age groups and £6.00 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 website www.northernathletics.org.uk

Closing date for online entries – 13th January 2017

NO LATE ENTRIES WILL BE ACCEPTED

Conditions of Entry

All clubs based in the Northern Athletics Area may enter as many first-claim members as they wish in all events **provided they are affiliated to England Athletics**. All athletes **MUST** be **currently** registered with England Athletics as **1st 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) must be worn.

Notes

1. **Team entries will be accepted only from Clubs who have registered their 2016-2017 Cross Country affiliation with England Athletics. All athletes must be registered with England Athletics for the current year 2016/17**
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.