SUFFOLK COUNTY ATHLETIC ASSOCIATION
CROSS COUNTRY CHAMPIONSHIPS
Under UKA & E.C.C.A.Rules
Sunday 5th January 2020, at Culford School, IP28 6TX
First Event 11.30 a.m.

There is only an on-line entry procedure and the closing date is 15th December 2019

ON LINE ENTRY IS AT: http://www.race-results.co.uk/results/2020/suffolkxce.php

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

TEAM AWARDS:-  1st, 2nd AND 3rd - Medals and Trophy (where appropriate)
INDIVIDUALS:-  1st, 2nd AND 3rd - Medals and Trophy (where appropriate)

SENIOR MEN and SENIOR WOMEN teams must be declared 30 minutes prior to the start of the race, otherwise it will be one team only.
In all other races the first three home will be the scoring team.

Entry fees
Senior and Under 20's £10.00
U11, U13, U15 & U17 £8.00

Please note:- Any audio devices must not be used.
Any athlete using headphones during a race will be disqualified.

COUNTY QUALIFICATION is by a) BIRTH
b) By nine month’s continuous bona fide residence
c) By service in a Unit of HM Forces stationed in the County

Age Groups
U11’s Born on or between 05.01.09 and 05.01.11
U13’s Born on or between 01.09.06 to 05.01.09
U15’s Born on or between 01.09.04 to 31.08.06
U17’s Born on or between 01.09.02 to 31.08.04
U20’s Born on or between 31.12.00 to 31.08.02
Seniors Born on or before 31.12.00

Timetable

<table>
<thead>
<tr>
<th>Event 1</th>
<th>U11 Girls and U11 Boys together</th>
<th>2Km</th>
<th>11.30</th>
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<tbody>
<tr>
<td>Event 2</td>
<td>U13 Girls</td>
<td>3Km</td>
<td>11.45</td>
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<tr>
<td>Event 4</td>
<td>U15 Girls</td>
<td>4Km</td>
<td>12.15</td>
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<tr>
<td>Event 6</td>
<td>U17 Women</td>
<td>5Km</td>
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<td>Event 8</td>
<td>Senior Women</td>
<td>10Km</td>
<td>13.05</td>
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<tr>
<td>Event 10</td>
<td>Senior Men</td>
<td>10Km</td>
<td>14.05</td>
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</tbody>
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Mark Goddard
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TIMETABLE CULFORD SCHOOL 2020

Race 1, 11.30am  Under 11 Girls and Boys 2 Kilometres, 2 x 1Km loops  

Race 2, 11.45am  Under 13 Girls 3 Kilometres, 1Km Loop Plus 2Km Loop  

Race 3, 12.00pm  Under 13 Boys 3 Kilometres, 1Km Loop plus 2Km Loop  

Race 4, 12.15pm  Under 15 Girls 4 Kilometres, 2 x 2 Kilometre Loops  

Race 5, 12.35pm  Under 15 Boys 4 Kilometres, 2 x 2 Kilometre Loops  

Race 6, 12.50pm  Under 17 Women 5 Kilometres 1Km Loop plus 4Km Loop  

Race 7, 13.05pm  Under 20 Women 6 Kilometres 2Km Loop plus 4Km Loop  

Race 8, 13.05pm  Senior Women 10 Kilometres 2K Loop plus 2 x 4Km Loops  

Race 9, 14.05pm  Under 20 Men 8 Kilometres 2 x 4Km Loops  

Race 10, 14.05pm  Senior Men 10 Kilometres 2K Loop plus 2 x 4Km Loops  

Race 11, 14.40pm  Under 17 Men 6 Kilometres 2Km Loop plus 4Km Loop  