



**EASTERN ATHLETIC ASSOCIATION  
& EASTERN MASTERS ATHLETICS CLUB**

**2022 CROSS COUNTRY CHAMPIONSHIPS**

under UKA / ECCA rules

Date:- Saturday 19th November 2022

Venue:- Southill Park, Biggleswade



EVENTS	DISTANCE	TIME
Under 13 Girls	3000 Metres	12:00
Under 13 Boys	3000 Metres	12:15
Under 15 Girls	4000 Metres	12:30
Under 15 Boys	4000 Metres	12:50
Senior Men	12000 Metres	13:10
Eastern Masters M35 - M55 Incl.	12000 Metres	13:10
Under 20 Men	8000 Metres	13:10
Under 17 Women	6000 Metres	14:10
Under 20 Women	6000 Metres	14:10
Senior Women	6000 Metres	14:10
Eastern Masters W35+ & M60 +	6000 Metres	14:10
Under 17 Men	6000 Metres	14:40

Ages as at 31st August / 1st September 2022 as per UKA rules. **EMAC : Age on the day.**

**ENTRY FEES :-**

TEAMS :- 6 to score in Senior Mens ONLY & 3 to score in all other age groups

INDIVIDUALS:- £10.00 for Senior Men/Women & U20 Men/Women and £8.00 all other age groups.

**ON LINE ENTRY IS AT: <http://www.race-results.co.uk/results/2022/easternxce.php>**

**AWARDS:-**

Plaques will be awarded to the first three placed competitors and the scoring team members of the first three placed in each age group.

Plaques will also be awarded to the first three placed competitors in the Veteran Mens V40,V50,V60 sections and the WomensV35 & V45

Veterans will run in the Senior Events.

**EMAC Champs: Will run in Senior Races 1st 3 in each 5 year age group from 35+ NO TEAM**

**QUALIFYING CONDITIONS:-**

Team Runners MUST be First Claim members of their Club according to UKA/ECCA rules.

Athletes MUST run in their Club Colours and runners who do not observe this rule will be disqualified.

Substitutions are NOT allowed to compete and everyone running on the day MUST have their names in the programme

**EMAC Champs: Open to current members ONLY. Age Cat. To be worn on back of vest.**

**ENTRIES CLOSE :-**

Entries close on Friday 28th October 2022.

**LATE ENTRIES WILL NOT BE ACCEPTED**

Entry Acknowledgements and details will be sent out within a week of the closing date.



## EASTERN ATHLETIC ASSOCIATION INTER-COUNTIES MATCH

### Incorporated in 2022 C.C. CHAMPIONSHIPS

under UKA / ECCA rules

Date:- Saturday 19th November 2022

Venue:- Southill Park, Biggleswade

EVENTS	DISTANCE	TIME
Senior Men	12000 Metres	13:10
Under 20 Men	8000 Metres	13:10
Under 20 Women	6000 Metres	14:10
Senior Women	6000 Metres	14:10

Ages as at 31st August / 1st September 2022 as per UKA rules.

#### ENTRY FEES :-

TEAMS :- 8 to enter 4 to run and three to score

£5.00 per Team Entry

ON LINE ENTRY IS AT: <http://www.race-results.co.uk/results/2022/easternxce.php>

#### AWARDS:-

Medals will be awarded to the first three placed scoring team members in each age group.

The Presidents Cup won by ARTHUR BERRY for lowest aggregate point based on positions in the Senior men, U20 Men and Senior Women & U20 Women

#### QUALIFYING CONDITIONS:-

Team Runners MUST be First Claim members of their County according to UKA/ECCA rules.

Athletes MUST run in their County/Club Colours and runners who do not observe this rule will be disqualified.

Runners can run in the championship as well as the Intercounties provided they have entered. Also team managers can select from the championships and add any that have NOT but will not count in the championships.

#### COUNTIES QUALIFY

Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Lincolnshire, Norfolk and Suffolk

#### ENTRIES CLOSE :-

Entries close on Friday 28th October 2022.

#### LATE ENTRIES WILL NOT BE ACCEPTED

Entry Acknowledgements and details will be sent out within a week of the closing date.