



# NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION 117<sup>th</sup> ANNUAL CROSS COUNTRY CHAMPIONSHIPS

(Under UKA & ECCA Rules, 2023/0847)



December 9th 2023 at 11am (non-championship 10.30am) Temple Park, South Shields

Under 13 Boys	3k	11.00am	First three for team scorers	Ages: Under 13s should be age 11 on the day of competition or 12 on 31 <sup>st</sup> August 23
Under 13 Girls	3k	11.15am	First three for team scorers	Ages: Under 13s should be age 11 on the day of competition or 12 on 31 <sup>st</sup> August 23
Under 15 Boys	4k	11.30am	First three for team scorers	Ages: 13 and 14 years on 31 <sup>st</sup> August 23
Under 15 Girls	4k	11.40am	First three for team scorers	Ages: 13 and 14 years on 31 <sup>st</sup> August 23
Under 17 Men	6k	12.00	First three for team scorers	Ages: 15 and 16 years on 31 <sup>st</sup> August 23
Under 17/20 Women	5k	12.20pm	First three for combined Under 17/20 team scorers	Under 17 Women Ages: 15 and 16 years on 31 <sup>st</sup> August 23 Under 20 Women Ages: 17, 18, 19 years on August 31 <sup>st</sup> 23
Under 20 Men	8k	12.45pm	First three for team scorers	Age: 17, 18 and 19 years on 31 <sup>st</sup> August 23
Senior Men/Masters	11k	1.15pm	First six for team scorers	Age: Must exceed 20 years on 31 <sup>st</sup> August 23
Senior Women/Masters	8k	2.10pm	First four for team scorers	Age: Must exceed 20 on 31 <sup>st</sup> August 23
Middlesbrough & Cleveland Harriers Centenary Trophy	Trophy for best overall club - Six points to first team place - down to one point for sixth in all races - Highest aggregate will be the winners.			
JC Kennedy Trophy	Trophy for best women overall performance - Six points to first team place - down to one point for sixth in all races - Highest aggregate will be the winners.			
Gallery Jewellers Trophy	Trophy for best men overall performance - Six points to first team place - down to one point for sixth in all races - Highest aggregate will be the winners.			

**PLEASE NOTE ENTRIES MUST BE SUBMITTED BY TEAM MANAGERS/CLUB SECRETARIES ONLY**

**Conditions of Entry:** The championships are open to members of NECAA Clubs affiliated to England Athletics and meet one of the following criteria: 9-month residential qualification or individuals with North Eastern Counties birth qualification. All entries must be first claim membership. See UK Athletics Rule 21 S 6, UKA supplement county, district, area competition.

**Note to club secretaries:** Entries are as individuals and first runners home with team qualification as required in each race will score for team competition. All the required details must be completed carefully - entries without England Athletics registration numbers and date of birth will not be accepted. Separate entry for each age group. Any problems with entries contact Paul Brown: pbroony5@gmail.com

**Entries:** Entries to be completed online via [Sportsoft Race Results 2023](#). See notes on U20 entries in the reader friendly copy. Entries open October 1st

**Entry fees:** Under 13, 15, 17, 20 of both genders £5 (no team fee). Senior Men/ Women £7 (no team fee).

**Entry closing date:** FRIDAY November 24<sup>th</sup>. No late entries. NB ONLINE ENTRIES ONLY.

**Club colours:** All competitors must wear registered club colours. Failure to do so may lead to disqualification. See UK Athletics Rule 143 S 1 3, [including Supplement 1/4/19](#).

**Registration:** Numbers to be collected on the day from the registration on site at the course.

**Presentation:** Individual presentations will take place immediately after each race on the course and team presentations as per timetable in the final instructions. The last two team presentations will be announced on the day asap. 2022 trophies must be returned to the presentation area on the day, December 9<sup>th</sup>.

**Championship headquarters:** Venue site. General enquiries: NECAA XC Sec. Archie Jenkins [archieeadowriggs@btinternet.com](mailto:archieeadowriggs@btinternet.com). Distances approximate.

**Parking/Travel:** Full details will be sent to club secretaries.

**UNDER 11 NON-CHAMPIONSHIP RUN: ENTRIES (£2) WILL BE TAKEN ON THE DAY NO LATER THAN 10.00AM BOYS 10.30AM START, GIRLS 10.40AM. BOTH 1600m.**

Runners must be age 9 or 10 on the day. Or enter via instructions from Vicki Thompson on the NEHL Facebook page.

**Northern Athletics Cross Country Championships:** Saturday January 27<sup>th</sup>, Sedgfield

**English National Cross Country Championships:** Saturday February 24<sup>th</sup> Weston Park, Weston under Lizard, near Stafford, Shropshire

**Inter-Counties Cross Country Championships:** Saturday March 9<sup>th</sup> Loughborough. The first four finishers in the county championships will have automatic selection for NECAA teams. The next priority race - Northern Championships - will indicate current form and teams will be selected the following day. If athletes are unable to run the Northerns, all other cross country races will then be taken into account if the selectors are informed.