

# SUFFOLK COUNTY ATHLETIC ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS

Under UKA & E.C.C.A.Rules

Sunday 7<sup>th</sup> January 2024, at Royal Hospital School, Holbrook, IP9 2 RX  
First Event 11.30 a.m.

There is only an on-line entry procedure and the closing date is 17<sup>th</sup> December 2023

ON LINE ENTRY IS AT: <http://www.race-results.co.uk/results/2024/suffolkxce.php>

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

TEAM AWARDS:- 1<sup>st</sup> 2<sup>nd</sup> AND 3<sup>rd</sup> - Medals and Trophy (where appropriate)

INDIVIDUALS:- 1<sup>st</sup> 2<sup>nd</sup> AND 3<sup>rd</sup> - Medals and Trophy (where appropriate)

SENIOR MEN TEAMS are the first four athletes to finish.

In all other races the first three home will be the scoring team.

There are no team declarations required for any of the races.

## Entry fees

Senior and Under 20's £12.00

U11, U13, U15 & U17 £10.00

Please note:- Audio devices are not permitted whilst racing.  
Any athlete using these devices 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 01.09.12 and 31.08.14

U13's Born on or between 01.09.10 to 31.08.12

U15's Born on or between 01.09.08 to 31.08.10

U17's Born on or between 01.09.06 to 31.08.08

U20's Born on or between 01.01.05 to 31.08.06

Seniors Born on or before 31.12.04

## Timetable

Event 1	U11 Girls and U11 Boys together				2 Km	11.30
Event 2	U13 Girls	3 Km	11.45	Event 3	U13 Boys	3 Km 12.00
Event 4	U15 Girls	4 Km	12.15	Event 5	U15 Boys	4 Km 12.35
Event 6	U17 Women	5 Km	12.50	Event 7	U20 Women & U17 Men	6 Km 13.05
Event 8	Senior Men	10 Km	13.30	Event 9	Senior Women & U20 Men	8 Km 14:30

Mark Goddard

[goddardmark@btinternet.com](mailto:goddardmark@btinternet.com)

No DOGS on site please