



English Cross Country Association

The Saucony National Cross Country Championships 2024

Saucony

Weston Park, Staffordshire on Saturday 14th September 2024 at 12.00 am

Under 17 Women Championship (5K) at 12.00 am Ages 15 & 16 years as at 31st August 2023

FOUR to score – all accepted entrants may run.

Under 15 Boys Championship (4K) at 12.25 pm. Ages 13 & 14 years as at 31st August 2023

FOUR to score – all accepted entrants may run.

Under 13 Girls Championship (3K) at 12.45 pm Ages 11 & 12 years as at 31st August 2023

FOUR to score – all accepted entrants may run.

Under 17 Men Championship (6K) at 13.05 pm Ages 15 & 16 years as at 31st August 2023

FOUR to score – all accepted entrants may run.

Under 13 Boys Championship (3K) at 13.30 pm Ages 11 & 12 years as at 31st August 2023

FOUR to score – all accepted entrants may run.

Under 15 Girls Championship (4K) at 13.45 pm. Ages 13 & 14 years as at 31st August 2023

FOUR to score – all accepted entrants may run.

Junior Women Championship (6K) at 2.05 pm Ages 17, 18 & 19 years as at 31st August 2023

THREE to score – all accepted entrants may run.

Senior Women Championship (8K) at 2.35 pm Age must exceed 20 years as at 31st August 2023

FOUR to score – all accepted entrants may run.

Junior Men Championship (10K) at 3.20 pm Ages 17, 18 & 19 years as at 31st August 2023

FOUR to score – all accepted entrants may run.

Senior Men Championship (12K) at 4.00 pm Age must exceed 20 years as at 31st August 2023

SIX to score – all accepted entrants may run.

Qualification

- (1) Only Clubs affiliated to England Athletics (EA) for Cross Country may enter, checks will be made and all athletes listed **MUST** be registered also with EA.
- (2) All athletes must be **First-claim members** of their club. Athletes who do not qualify for team competition may enter but must be clearly indicated on the online system. Athletes will be allowed to change their first claim club after the closing date on condition that:
 - i) He / She has been entered by the closing date by their former First Claim Club,
 - ii) England Athletics have approved the change of First Claim Club,
 - iii) The request to change the First Claim Club, and confirmation by EA, has been received by the Championship Secretary by 12:00 on the Friday, two weeks and one day before the competition (31st August).
- (3) **Full-time student** members of recognised, affiliated Higher Education clubs may only represent their Higher Education club if their first claim club is not entered as a team in that particular race. Higher Education teams will not be eligible for awards.
- (4) **Athletes may only compete in their own age group.**
- (5) **Club colours:** Athletes **MUST** wear a club vest registered in the same colours and design to be eligible for team and individual competition. Athletes must wear clothing suitable for cross country running in cold weather.
- (6) **Clubs may enter Foreign Athletes BUT ALL must** be Bona Fide and Permanent Residents in the UK and Registered as Foreign Athletes with UKA by January 1st 2023

All Entries to be done online and the closing date is Friday 16th August 2024

Enquiries to: Joe Mower, email josephgmower@hotmail.com

Entry Fees – ALL ENTRANTS: £12 each. LATE ENTRIES WILL NOT BE ACCEPTED.

Online Entries to – <https://www.race-results.co.uk/natxc24e>

Acknowledgement – Final travel, parking, collection of numbers and chips, changing details and other relevant information will be sent to all clubs via email.

Date: 10.05.24