



NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION 118th ANNUAL CROSS COUNTRY CHAMPIONSHIPS

(Under UKA & ECCA Rules, cc2024/1295)



Saturday 14th December 2024 11am
(non- championship 10.35am), Temple
Park, South Shields

Under 13 Boys Championship	3k	11.00am	First three for team scorers	Ages: Under 13s should be age 11 on the day of competition or 12 on 31 st August 2024
Under 13 Girls Championship	3k	11.15am	First three for team scorers	Ages: Under 13s should be age 11 on the day of competition or 12 on 31 st August 2024
Under 15 Boys Championship	4k	11.30am	First three for team scorers	Ages: 13 and 14 years on 31 st August 2024
Under 15 Girls Championship	4k	11.40am	First three for team scorers	Ages: 13 and 14 years on 31 st August 2024
Under 17 Men Championship	6k	12.00	First three for team scorers	Ages: 15 and 16 years on 31 st August 2024
Under 17/20 Women Championship	5k	12.20pm	First three for combined Under 17/20 team scorers	Under 17 Women Ages: 15 and 16 years on 31 st August 2024 Under 20 Women Ages: 17, 18, 19 years on August 31 st 2024
Under 20 Men Championship	8k	12.45pm	First three for team scorers	Age: 17, 18 and 19 years on 31 st August 2024
Senior Men Championship	12k	1.15pm	First six for team scorers	Age: Must exceed 20 years on 31 st August 2024
Senior Women Championship	8k	2.10pm	First four for team scorers	Age: Must exceed 20 on 31 st August 2024
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 CLUB SECRETARIES/TEAM MANAGERS ONLY

CONDITIONS OF ENTRY. The championships are open to FIRST CLAIM members of NECAA clubs affiliated to England Athletics with either 9 month residential qualification and/or North Eastern Counties birth qualification.

ENTRIES online via Sportsoft Race Results 2024. Enquiries to P Brown pbroony5@gmail.com. General to A Jenkins (Sec) archiemeanowriggs@btinternet.com

ENTRY FEES U13,15,17,20 £5, Senior Men/Women £7. No team fees.

ENTRIES CLOSE – Midnight Friday November 29th

U11 (age 9 or 10) on the day. £2. Vicki Thompson via the NEHL Facebook page.