



# The National Cross Country Championships 2025

Parliament Hill Fields, London, on Saturday 22<sup>nd</sup> February 2025 at 11 am

EVENT	TO SCORE	AGE REQUIREMENT
<b>Under 17 Women Championship</b> (5K) at 11.00am	FOUR	Ages 15 & 16 years on 31 <sup>st</sup> August 2024
<b>Under 15 Boys Championship</b> (4K) at 11.25am	~"~	Ages 13 & 14 years on 31 <sup>st</sup> August 2024
<b>Under 13 Girls Championship</b> (3K) at 11.45am	~"~	Ages 11 & 12 years on 31 <sup>st</sup> August 2024
<b>Under 17 Men Championship</b> (6K) at 12.05pm	~"~	Ages 15 & 16 years on 31 <sup>st</sup> August 2024
<b>Under 13 Boys Championship</b> (3K) at 12.30pm	~"~	Ages 11 & 12 years on 31 <sup>st</sup> August 2024
<b>Under 15 Girls Championship</b> (4K) at 12.45pm	~"~	Ages 13 & 14 years on 31 <sup>st</sup> August 2024
<b>Junior Women Championship</b> (6K) at 1.05pm	THREE	Ages 17, 18 & 19 years as at 31 <sup>st</sup> August 2024
<b>Senior Women Championship</b> (8K) at 1.35pm	FOUR	Age must exceed 20 years as at 31 <sup>st</sup> August 2024
<b>Junior Men Championship</b> (10K) at 2.20pm	~"~	Ages 17, 18 & 19 years as at 31 <sup>st</sup> August 2024
<b>Senior Men Championship</b> (12K) at 3.00pm	SIX	Age must exceed 20 years as at 31 <sup>st</sup> August 2024

**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 (7<sup>th</sup> February).
- (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 1<sup>st</sup> 2025.

**All Entries to be done online and the closing date is Friday 31<sup>st</sup> January 2025**

**Enquiries to:** Paul Gooding email: paulgooding1962@gmail.com

**Entry Fees – ALL ENTRANTS: £15 each. LATE ENTRIES WILL NOT BE ACCEPTED.**

**Online Entries** to – <https://www.race-results.co.uk/natxc25e>

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

**Date: 20.11.24**