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ENGLISH CROSS COUNTRY ASSOCIATION

English National Cross Country Relays 2026

Berry Hill Park, Mansfield, NG18 4JR, on Saturday 31st October 2026 at 10:50am

Please NOTE that ALL entries to be done Online: www.race-results.co.uk/natxcrel26e

10.50am	Junior Women (3x2.5K)	Ages 18 & 19 years on 31st August 2027
10.50am	Under 18 Women (3x2.5K)	Ages 16 & 17 years on 31st August 2027
11.26am	Under 14 Boys (3x2K)	Ages 12 & 13 years on 31st August 2027
11.50pm	Under 14 Girls (3x2K)	Ages 12 & 13 years on 31st August 2027
12:15pm	Mixed 4 x 1.6k relay	Age must exceed 18 years on 31 st August 2027
12.40pm	Junior Men (3x3k)	Ages 18 & 19 years on 31st August 2027
12.40pm	Under 18 Men (3x3K)	Ages 16 & 17 years on 31st August 2027
1.06pm	Under 16 Girls (3x2K)	Ages 14 & 15 years on 31st August 2027
1.30pm	Under 16 Boys (3x2K)	Ages 14 & 15 years on 31st August 2027
1.50pm	Senior Women (3x3K)	Age must exceed 20 years on 31st August 2027
2.40pm	Senior Men (4x5K)	Age must exceed 20 years on 31st August 2027

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1. Clubs can nominate 12 names per Senior Men's team and 9 for all other teams entered (except mixed relay – see below).
i.e. a maximum of 36 names for 3 Teams entered in Senior Men and 27 for 3 Teams entered in all other age groups. For the mixed relay, clubs may enter a maximum of 6 male and 6 female athletes for each team entered.
 2. Teams for the mixed 4 x 1.6k relay must comprise 2 x male and 2 x female athletes, with the running order being entirely at the club's discretion. It is essentially a senior race, but open to all athletes aged 18 or over on 31.8.27.
 3. The U18 and U20 (Junior) events are now run together, but will be separately categorised in the results.
 4. Clubs can enter a maximum of three teams in any one age group
 5. Entries must all be done online.
 6. The entry fee is £65 for senior men's relay (team of 4), £65 for the mixed 4 x 1.6k relay, and £50 for all other relays (team of 3)
 7. UKA Rules for Competition apply.
 8. As the closing date for entries is only two weeks before the date of competition, athletes cannot change their designated first claim club after entries have been made.
 9. 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 30th September 2026



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10. University/Higher Education teams may enter but can only include 1st Claim members of open clubs that are NOT entering teams in an age group themselves, University/Higher Education teams will NOT be eligible for any awards.
11. A few days before the event, Team Managers will be sent a link to declare their runners online. This link can be used to start and edit declarations up until midnight on the Friday before the event. Any changes or declarations can be made on the event site on the day of the event (up to 30 minutes before each race) in the Registration marquee on laptops provided by FR Systems.
12. Race information will be sent by email after the closing date
13. Only names entered can compete, no substitutions are allowed, all athletes **MUST** be registered with England Athletics
14. Closing date for entries is **Friday 16th October 2026**.

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

13.08.2026