



NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION 110th ANNUAL CROSS COUNTRY CHAMPIONSHIPS

(Under UKA & ECCA Rules)

START FITNESS



SEDGEFIELD

HARRIERS

ATHLETICS CLUB

**EAST PARK SEDGEFIELD, Saturday
12th December 2015 at 11am**

Hosted by
**SEDGEFIELD HARRIERS
ATHLETICS CLUB**

Under 13 Boys Championship	3k	11.00am	First three for team scorers	Ages: 11 and 12 years on 31 st August/1 st September 2015 (11 years on day of competition)
Under 13 Girls Championship	3k	11.15am	First three for team scorers	Ages: 11 and 12 years on 31 st August/1 st September 2015 (11 years on day of competition)
Under 15 Boys Championship	4.5k	11.30am	First three for team scorers	Ages: 13 and 14 years on 31 st August/1 st September 2015
Under 15 Girls Championship	4.5k	11.45am	First three for team scorers	Ages: 13 and 14 years on 31 st August/1 st September 2015
Under 17/20 Women Championship	5.3k	12.00noon	First three for combined Under 17/20 team scorers	Under 17 Women Ages: 15 and 16 years on 31 st August/1 st September 2015 Under 20 Women Ages: 17, 18 and 19 years on 31 st August/1 st September 2015
Under 20 Men Championship	8.3k	12.25pm	First three for team scorers	Ages: 17, 18 and 19 years on 31 st August/1 st September 2015
Senior Men Championship	12k	1.00pm	First six for team scorers	Age: Must exceed 20 years on 31 st August/1 st September 2015
Senior Women Championship	8.3k	1.55pm	First three for team scorers	Age: Must exceed 20 years on 31 st August/1 st September 2015
Under 17 Men Championship	6.1k	2.30pm	First three for team scorers	Ages: 15 and 16 years on 31 st August/1 st September 2015
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 TEAM MANAGERS/CLUB SECRETARIES ONLY

Conditions of Entry: The championships are open to members of North Eastern Counties AA Clubs affiliated to England Athletics, 9 month residential qualification or individuals with North Eastern Counties birth qualification. All entries must be first claim membership. See UK Athletics Rule 9.

Note to club secretaries: Entries are as individuals and first runner's home with team qualification as required in each race will score for team competition. All the required details must be completed carefully - entries without England Athletics registration numbers and date of births will not be accepted. Separate entry for each age group. Any problems with entries contact Paul Brown pbrown5@hotmail.co.uk

Entries: Entries to be completed online via Sportsoft Race Results - www.race-results.co.uk

Entry fees: Under 13, 15, 17, 20 of both genders £4 (no team fee). Senior Men/ Women £5 (no team fee).

Entry closing date: FRIDAY 13th NOVEMBER 2015. No late entries. NB ONLINE ENTRIES ONLY.

Club colours: All competitors must wear registered club colours. Failure to do so may lead to disqualification. See UK Athletics Rule 17(2).

Registration: Numbers to be collected on the day from the registration at Sedgefield Cricket Club.

Presentation: Individual presentations will take place immediately after each race on the course and team presentations as per timetable in the final instructions. The last two team presentations will be announced on the day asap. 2014 trophies must be returned to the presentation area on the December 12th.

Championship headquarters: Sedgefield Cricket Club, 48 Station Road, Sedgefield, TS21 2DA. General enquiries: NECAA XC Sec. Archie Jenkins archieameadowriggs@btinternet.com.

Parking: Parking at Hardwick Hall Hotel, TS21 2EH. 10 minute walk to the course. Full details will be sent to club secretaries.

Travel: From the A1 junction 60, A689 east to Teesside 2 miles. From the A19, Wolviston exit, approx. 4 miles west on the A689 then A177 north to Coxhoe.

Northern Athletics Cross Country Championships: Saturday January 30th 2016, Blackburn.

English National Cross Country Championships: Saturday February 27th 2016, Donington Park.

Inter-Counties Cross Country Championships: Saturday March 12th, Birmingham. The first three finishers in championships will have automatic selection for NECAA teams. All other cross country races will be taken into account for further selection, in particular the Northern Championships will indicate current form, with teams being selected the following day.