

(Under UKA Rules)

To be held at Croyland Park, Croyland Road, Wellingborough, NN8 2EN

On 4 January 2020

Northamptonshire Athletic Association’s annual Cross Country Championships for all club and school athletes who qualify by virtue of:-

* Birth; or
* By 9 months’ continuous residency in Northamptonshire.

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| **Race** | **Category** | **Age as specified** | **Distance (m)** | **No to score** | **Start time** |
| 1 | Under 11 Boys | 9 or 10 on the day | 2000 | 3 | 11:00 |
| 1 | Under 11 Girls | 9 or 10 on the day | 2000 | 3 | 11:00 |
| 2 | Under 13 Boys | 11 on the day or 12 on 31.08.2019 | 3500 | 3 | 11:20 |
| 2 | Under 13 Girls | 11 on the day or 12 on 31.08.2019 | 3500 | 3 | 11:20 |
| 3 | Under 15 Boys | 13 or 14 on 31.08.2019 | 5000 | 3 | 11:45 |
| 3 | Under 15 Girls | 13 or 14 on 31.08.2019 | 5000 | 3 | 11:45 |
| 4 | Under 17 Girls | 15 or 16 on 31.08.2019 | 6000 | 3 | 12:20 |
| 4 | Under 17 Men | 15 or 16 on 31.08.2019 | 6000 | 3 | 12:20 |
| 5 | Under 20 Ladies | 17/18/19 on 31.08.2019 | 7500 | 3 | 13:10 |
| 5 | Senior Ladies | Over 20 on 31.08.2019 | 7500 | 3 | 13:10 |
| 5 | Under 20 Men | 17/18/19 on 31.08.2019 | 10,000 | 6 | 13:10 |
| 5 | Senior Men | Over 20 on 31.08.2019 | 10,000 | 6 | 13:10 |

Race Information

* Toilets and refreshments will be available throughout the day at Kingsway Boys Club, Croyland Park Road, Wellingborough.
* Presentation of awards will take place after each race.
* There are County medals for the first three individuals and first three teams in each category save for U20 where there are no team medals. Male and female junior athletes count in their own individual age category but will combine with Seniors and Veterans for the team result.
* Masters (vets) compete in the Senior category.
* Numbers will be collected on race day and will not be issued before hand.

Entry Information

* To be eligible to compete in this event, an athlete must:-
	+ Be a member of a club affiliated to England Athletics or another home country;
	+ Meet the eligibility requirements stated above (Birth/ 9 months’ residence).
* In addition to the above, both the athlete's Club and the athlete must be current financial members of England Athletics (or such other home country organisation) i.e. they have paid their fee for the current competition year). NB- Students are exempt from this requirement.
* Entry fees are:-
	+ £5.00 for all age categories under 17 (including Under 17s) (plus online entry costs)
	+ £7.00 for all age categories over 17 (plus online entry costs)
* Closing date for entries is Sunday 29 December 2019. Late entries are not accepted.
* Selection for the Inter Counties races (7 March 2020 at Prestwold Hall, Loughborough) will be the first 6 from each race with the remaining places being chosen at a selection meeting. To be considered for the Inter Counties an athlete must have entered these County Championships.