



# NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION 113<sup>th</sup> ANNUAL CROSS COUNTRY CHAMPIONSHIPS

(Under UKA & ECCA Rules, 2018-074)



**GATESHEAD H & AC**  
**BIRTLEY AC**  
**LOW FELL RC**  
**SALTWELL H**

**Cardinal Hume School, Wrekenton  
8th December 2018 at 11am (non-  
championship 10.35am)**

Under 13 Boys Championship	3k	11.00am	First three for team scorers	Ages: 11 and 12 years on 31 <sup>st</sup> August 2018 (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 <sup>st</sup> August 2018 (11 years on day of competition)
Under 15 Boys Championship	4k	11.30am	First three for team scorers	Ages: 13 and 14 years on 31 <sup>st</sup> August 2018
Under 15 Girls Championship	4k	11.40am	First three for team scorers	Ages: 13 and 14 years on 31 <sup>st</sup> August 2018
Under 17/20 Women Championship	6k	12.00noon	First three for combined Under 17/20 team scorers	Under 17 Women Ages: 15 and 16 years on 31 <sup>st</sup> August 2018 Under 20 Women Ages: 17, 18 and 19 years on 31 <sup>st</sup> August 2018
Under 20 Men Championship	8k	12.25pm	First three for team scorers	Ages: 17, 18 and 19 years on 31 <sup>st</sup> August 2018
Senior Men Championship	12k	1.00pm	First six for team scorers	Age: Must exceed 20 years on 31 <sup>st</sup> August 2018
Senior Women Championship	8k	1.55pm	First four for team scorers	Age: Must exceed 20 years on 31 <sup>st</sup> August 2018
Under 17 Men Championship	6k	2.30pm	First three for team scorers	Ages: 15 and 16 years on 31 <sup>st</sup> August 2018
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 birth 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 2018](#).

**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 9th NOVEMBER 2018. 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 Cardinal Hume School.

**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. 2017 trophies must be returned to the presentation area on the December 8<sup>th</sup>.

**Championship headquarters:** Cardinal Hume School, NE9 6R2 General enquiries: NECAA XC Sec. Archie Jenkins archiemeadowriggs@btinternet.com.

**Parking/Travel:** Full details will be sent to club secretaries.

**UNDER 11 NON-CHAMPIONSHIP RUN: ENTRIES (£2) WILL BE TAKEN ON THE DAY NO LATER THAN 10.00AM BOYS 10.35AM START, GIRLS 10.40AM. BOTH 1.5K Runners must be age 9 or 10 on the day.**

**Northern Athletics Cross Country Championships:** Saturday January 26<sup>th</sup> 2019 Pontefract

**English National Cross Country Championships:** Saturday February 24<sup>th</sup> Harewood Hall, Leeds

**Inter-Counties Cross Country Championships:** Saturday March 9<sup>th</sup> Loughborough 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.