



**NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION  
CROSS COUNTRY COMMITTEE**

**Hon. Secretary: A.Jenkins, 8 Meadow Riggs, Alnwick, N`land, NE66 1AP**

**CROSS COUNTRY CHAMPIONSHIPS  
ALNWICK, SATURDAY DECEMBER 14<sup>th</sup> 2019  
FINAL INFORMATION**

**PLEASE READ CAREFULLY AND PASS THE INFORMATION ON  
IF POSSIBLE, ADD TO YOUR CLUB`S FACEBOOK PAGE.**

**Thank you for entering this year`s championships hosted by Alnwick Harriers**

**The venue is based at the Harrier League course, NE66 1YU**

**Directions:**

**If taking the first exit for Alnwick on the A1 north, follow the B6341, turn right at the War Memorial, following the signs for Alnwick Gardens, the car park is  $\frac{3}{4}$  mile on the right, followed by an easy walk to the course.**

**If taking the second exit for Alnwick – Seahouses, Alnwick, Denwick – follow the signs for Alnwick, the course is 700m on the right (no parking) and the car park a further 600m on the left.**

**TEAM MANAGERS ONLY TO COLLECT NUMBERS ON THE COURSE.**

**Similarly, U11 entries can be made at the number pick up tent before 10.00.**

**CAR AND COACH PARKING, Alnwick Gardens car park (£3.00).**

**Additional free disc car parking (with restrictions) is available in the town, 1000m walk to the venue.**

**NB VEHICLES IMPROPERLY PARKED WILL MEAN THE END OF USE AS A CROSS COUNTRY VENUE. PLEASE DO NOT PARK ON THE MAIN ROAD.**

**TENT DROP OFF: THEN RETURN TO DESIGNATED CAR PARKS.**

**Please Note NO DOGS allowed at the venue.**

**THE COURSE MAP is attached. Similar to the Harrier League with some alterations - championship distance routes. Distances are approximate.**

**RACE ENTRIES can be seen on the SPORTSOFT 2019 RACE RESULTS website.**

**Anyone wearing their NYSD or NORTH EAST HARRIER LEAGUE number will automatically be DISQUALIFIED.**

**TOILET FACILITIES** on the course.

**REFRESHMENTS** will be available and **START FITNESS** will be in attendance.

**FIRST AID** and a lost children area will also be adjacent to the presentation area.

Please can all clubs ensure the venue is left **LITTER FREE**.

**RESULTS** will be posted `live` following the link on the NECAA website.

**PRESENTATIONS** will be made shortly after each race, individual medal winners should report immediately at the end of their race and team presentations will be made during the following race.

Please check the attached presentation timetable (approximate).

**2018 TROPHIES** should be returned, cleaned and engraved, to the presentation area on the course.

#### **INTER COUNTY SELECTION**

Club secretaries should forward the contact details: name, address, email, mobile number of the first 10 in each race (first 15 senior men and women) and any athlete of county standard who missed the championships or failed to finish in the first 10 (15) before December 31<sup>st</sup> to the team managers:

**Men:** Stewy Bell, 12 Lincoln Road, Moorside Consett, DH8 8EB, Tel: 07525484605, email: [nufcstewy@hotmail.com](mailto:nufcstewy@hotmail.com)

**Ladies:** Lynn Cooper, 5 Maltby Close, Sunderland, SR3 2QR, 07773 140617, [lynn.cooper@ntlworld.com](mailto:lynn.cooper@ntlworld.com)

**PLEASE NOTE THIS IS FOR ADMINISTRATIVE INFORMATION ONLY. THE FIRST 10/15 FINISHERS ARE NOT GUARANTEED SELECTION. THOSE SELECTED WILL BE NOTIFIED FOLLOWING A SELECTION MEETING IN JANUARY AFTER THE NORTHERN CHAMPIONSHIPS AT Pontefract. Accommodation / travel arrangements will also be available following selection. The first three finishers in the county championships will have automatic selection for NECAA teams. The next priority race - Northern Championships – will indicate current form and teams will be selected the following day. If athletes are unable to run the Northerns, all other cross-country races will be taken into account, if the selectors are informed.**

The NECAA welcomes bids for future championships (contact the secretary). The 2020 venue (December 12<sup>th</sup>) will be announced on December 14<sup>th</sup>.

Note new start time for U17 Men. All distances approximate.

<b>10.35</b>	<b>U11B NC</b>	<b>1500m</b>	<b>10.40</b>	<b>U11G</b>	<b>1500m</b>
<b>11.00</b>	<b>U13B</b>	<b>3000m</b>	<b>11.15</b>	<b>U13G</b>	<b>3000m</b>
<b>11.30</b>	<b>U15B</b>	<b>4000m</b>	<b>11.40</b>	<b>U15G</b>	<b>4000m</b>
<b>12.00</b>	<b>U17 Men</b>	<b>6000m</b>	<b>12.20</b>	<b>U17/20W</b>	<b>5200m</b>

12.45 U20 Men 8000m  
14.10 SW 8000m

13.15 SM

1200m  
*Enjoy the day*

**COMMEMORTIVE 33 PAGE BOOKLET £2 WILL BE AVAILABLE ON THE DAY or BY CONTACTING THE SECRETARY (A JENKINS)**



