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| NECAA1110 LOGO | **NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION****114th ANNUAL CROSS COUNTRY CHAMPIONSHIPS** (Under UKA & ECCA Rules, 2019115) |  |  |
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| **ALNWICK, Saturday****14th December 2019 at 11am (non- championship 10.35am)** |  |  |
|  | Under 13 Boys Championship | 3k | 11.00am | First three for team scorers | Ages: Under 13s should be age 11 on the day of competition or 12 on 31st August 2019 |  |  |
|  | Under 13 Girls Championship | 3k | 11.15am | First three for team scorers | Ages: Under 13s should be age 11 on the day of competition or 12 on 31st August 2019 |  |  |
|  | Under 15 Boys Championship |  4k | 11.30am | First three for team scorers | Ages: 13 and 14 years on 31st August 2019 |  |  |
|  | Under 15 Girls Championship |  4k | 11.40am | First three for team scorers | Ages: 13 and 14 years on 31st August 2019 |  |  |
|  | Under 17 Men Championship |  6k |  **12.00noon** | First three for team scorers |  Ages: 15 and 16 years on 31st August 2019 |   |  |
|  | Under 17/20 Women Championship |  6k |  12.20pm | First three for combined Under 17/20 team scorers | Under 17 Women Ages: 15 and 16 years on 31st August 2019 Under 20 Women Ages: 17, 18, 19 years on August 31st 2019 |  |  |
|  | Under 20 Men Championship |  8k |  12.45pm | First three for team scorers | Age: 17, 18 and 19 years on 31st August 2019 |  |  |
|  | Senior Men Championship |  12k |  1.15pm | First six for team scorers | Age: Must exceed 20 years on 31st August 2019 |  |  |
|  | Senior Women Championship |  8k |  2.10pm | First four for team scorers | Age: Must exceed 20 on 31st August 2019 |  |  |
|  | 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. |  |  |

**THIS YEAR COMMEMORATES 25 YEARS SINCE THE 1st EUROPEAN CHAMPIONSHIPS IN ALNWICK**

**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 21 S 6, UKA supplement county, district, area competition.

**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. **A**ll 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: pbroony5@gmail.com

**Entries:** Entries to be completed online via **Sportsoft Race Results 2019. See notes on U20 entries in the reader friendly copy.**

**Entry fees:** Under 13, 15, 17, 20 of both genders £5 (no team fee). Senior Men/ Women £6 (no team fee).

**Entry closing date:**  **FRIDAY 22ndNOVEMBER 2019**. **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 143 S 1 3, **including Supplement 1/4/19**.

**Registration:** Numbers to be collected on the day from the registration on site at the course.

**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. 2018 trophies must be returned to the presentation area on the December 14th.

**Championship headquarters: Venue site. General enquiries: NECAA XC Sec. Archie Jenkins archiemeadowriggs@btinternet.com. Distances approximate.**

**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. Or enter via instructions from Vicki Thompson on the NEHL Facebook page.**

**Northern Athletics Cross Country Championships:** Saturday January 25th 2020 Bedale

**English National Cross Country Championships:** Saturday Ferbruary 22nd Nottingham

**Inter-Counties Cross Country Championships:** Saturday March 7th 2020 Loughborough. 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 then be taken into account if the selectors are informed.