

**NORTHERN ATHLETICS START FITNESS
CROSS COUNTRY CHAMPIONSHIPS**
(Under UKA Rules)
UK Permit No. 1011073

**Saturday 29th January 2011
Herrington Country Park, Sunderland**

Under 15 Boys Championship	(4.25km) at 11.00am. Competitors 13 & 14 years on 31 st August / 1 st September 2010
Under 17 Womens Championship	(5km) at 11.20am. Competitors 15 & 16 years on 31 st August / 1 st September 2010
Under 13 Girls Championship	(3km) at 11.50am. Competitors 11 years on the day of competition & 12 years on 31 st August / 1 st September 2010
Under 17 Mens Championship	(6km) at 12.05pm. Competitors 15 & 16 years on 31 st August / 1 st September 2010
Under 15 Girls Championship	(4.25km) at 12.35pm. Competitors 13 & 14 years on 31 st August / 1 st September 2010
Junior Mens Championship	(8.2km) at 1.00pm. Competitors 17, 18 & 19 years on 31 st August / 1 st September 2010
Junior Womens Championship	(6.2km) at 1.30pm. Competitors 17, 18 & 19 years on 31 st August / 1 st September 2010
Under 13 Boys Championship	(3km) at 2.00pm. Competitors 11 years on the day of competition & 12 years on 31 st August / 1 st September 2010
Senior Womens Championship	(8.2km) at 2.15pm. Competitors 20 years and over on 31 st August / 1 st September 2010
Senior Mens Championship	(12km) at 3.05pm. Competitors 20 years and over on 31 st August / 1 st September 2010

Entries

All entries must be submitted through the Northern Athletics website online entry system. Postal entries will be accepted only under special circumstances and must be requested from the NA office. Entry fee £5.00 per entrant for Senior & Junior age groups and £4.00 per entrant for all other age groups. Programmes will be on sale for £2.00. Clubs may wish to buy programmes at the reduced rate of £7.50 for 5 programmes in advance. To use our online entry system please go to;

www.race-results.co.uk/onlineentries/2011/naxc.htm and follow the instructions.

**Closing date for online entries
Friday 7th January 2011**

NO LATE ENTRIES WILL BE ACCEPTED

Conditions of Entry

All clubs based in the former NoEAA Territory may enter as many first-claim members as they wish in all events **provided they are affiliated to England Athletics**. All athletes **MUST** be registered with England Athletics as 1st Claim members of the club. First-claim members who do not qualify for team competition may run but these entries must be clearly marked with an asterisk. The first SIX in the Senior Men's race and first FOUR in all other races will be a club's scoring counters.

Club Colours (as registered in the programme) must be worn.

Notes

1. Team entries will be accepted only from Clubs who have registered their 2010-2011 Cross Country affiliation with England Athletics.
2. No competitor may compete unless his or her name appears in the programme. No guest competitors will be allowed. Acknowledgements will be by return email. Timetable, travel directions and further instructions will be posted on the NA website.