 

 **NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION**

 **CROSS COUNTRY RELAY CHAMPIONSHIPS, cc2022/0416**

 **THORNLEY HALL FARM, PETERLEE, DH6 3LY**

 **OCTOBER 15th 2022**

**10.00 U13 GIRLS 3 x 1.6k 11 on the day or 12 on 31st August 2022**

**10.35 U13 BOYS 3 x 1.6k 11 on the day or 12 on 31st August 2022**

**11.10 U15 GIRLS 3 x 1.6k 13 and 14 years on 31st August 2022**

**11.45 U15 BOYS 3 x 1.6k 13 and 14 years on 31st August 2022**

**12.20 U17BOYS/WOMEN 2.9k 15 and 16 years on 31st August 2022. U20 Women can be included in U17W teams**

**13.05 SENIOR WOMEN/MASTERS W40+ 3 x 2.9k**

**13.50 JUNIOR MEN/MASTERS MEN (M40+) 3 x 3k**

**14.30 SENIOR MEN 4 x 3k**

**CONDITIONS OF ENTRY – The Championships are open to members of NECAA clubs affiliated to England Athletics who meet one of the following criteria: 9- month residential qualification and/or have NE Counties birth qualification. All entrants must be first claim members (G2 S6). ONE OPEN MASTERS AGE GROUP M/W40+**

**ENTRIES £15.40 per team (SM £20.60). ENTRIES CLOSE WEDNESDAY 5th OCTOBER 23.59. Link nemaa.co.uk/necaa.**

**DECLARATIONS ONLINE BEFORE 7pm Thursday October 13th. Alterations no later than 30 minutes before the start of each race**

**CLUBS MAY ENTER A and B TEAMS in each category. NO REFUNDS WILL BE GIVEN. Please leave the venue asap after each race to assist with CAR PARKING.**

**RUNNERS CAN RUN IN ONE CATEGORY ONLY and ONLY ONE LEG**

**CLUB COLOURS MUST BE WORN T5 S 1.3**

**NECAA CHAMPIONSHIP MEDALS WILL BE AWARDED (one set of medals per club in each category) – last leg runners will collect the medals.**

**RESULTS – NECAA and NEMAA Websites and Facebook**

**ENQUIRIES – NECAA Cross Country Secretary Archie Jenkins** **archiemeadowriggs@btinternet.com**

**ENTRY ENQUIRIES – Val Baxter** **masterstracksec@gmail.com** **NO LATE ENTRIES**