



**Northern Athletics
In association with
Sheffield Running Club
Presents**



Northern Cross Country Relay Championships

*incorporating The Cutler's Relay, South Yorkshire Cross
Country Relay Championships (Under UKA Rules)
Permit Number – 2019080*

at

**Graves Park, Sheffield
Saturday 19th October 2019**



Timetable of Events

Time	Event	Stages	Distance
11:00 am	Under 17 Women	3	2300m
11:05	Under 17 Men	3	2300m
11:45	Under 11 Girls	3	1500m
11:50	Under 11 Boys	3	1500m
12:15 pm	Under 13 Girls	3	1800m
12:20	Under 13 Boys	3	1800m
12:40	Under 15 Girls	3	2000m
12:45	Under 15 Boys	3	2000m
13:15	Senior Women	3	2 miles
14:10	Senior Men 'The Cutlers Relay'	4	2 miles

To use our online entry system please go to:

www.race-results.co.uk and follow the instructions.

CLUB COLOURS & VEST/CROP TOP ALL OF THE SAME DESIGN MUST BE WORN

Clubs may submit a maximum of 9 names per team (3 Stage) or 12 names per team (4 Stage) There is no restriction on the number of teams a club may enter except in U11 event where a maximum of 2 teams per club will be accepted.

Closing date for entries 14th OCTOBER 2019

Northern Athletics, Unit 9G, Ponderosa Business Park, Smithies Lane, Heckmondwike WF16 0PR

Email: judith@northernathletics.org.uk

Tel: 01924 457922

Age Groups

U11	Competitors	8, 9 & 10 years on 31st August/1st September 2019. (Note for information: The race is not an area championship event, but is a South Yorkshire championship event)
U13	Competitors	11 & 12 years on 31st August/1st September 2019. (Team managers can enter athletes aged 11 on the day of competition to compete as an U13)
U15	Competitors	13 & 14 years on 31st August / 1st September 2019
U17	Competitors	15 & 16 years on 31st August / 1st September 2019
Senior	Competitors	17 years and over on 31st August / 1st September 2019.

Entries

All entries must be submitted through the Northern Athletics website online entry system

Entry fees as below.

U17/U15/U13 /U11	£21.00 per team
Senior Women	£24.00 per team (3 Stage)
Senior Men	£32.00 per team (4 Stage)

Conditions of Entry

- **Entries from Clubs will only be accepted if the Club is currently affiliated to BOTH Northern Athletics and England Athletics** and based in the Northern Athletics area. Team members **MUST** be first claim members of that club **AND** registered with England Athletics. **England Athletics Registration Numbers MUST be included. Athletes without registration numbers will not be accepted. (U11 athletes are exempt from this condition)**
Any Foreign Athletes in the team MUST also be currently registered with UKA as Foreign Athletes. All team and athlete affiliation will be verified prior to the event. A club can enter as many foreign athletes as they wish but only 2 may run in each declared team
- Entries **must** be submitted via the official online entry system and the correct fees paid at the time of entry.
- Late & incorrectly submitted entries will be rejected by the Sportsoft entry portal
- Acknowledgement of entry will be by return email and final instructions will be emailed prior to the event.
- Clubs that run ineligible or unregistered runners will be disqualified and may have their entry refused for the 2020 event
- All Northern Athletics Clubs affiliated to England Athletics are eligible to enter the 2019 National Championships

Prizes & Awards

Northern Championships

Championship medals will be awarded to the first 3 'A' teams to finish (male & female) in each age group excluding U11 age group. (NB: Non Championship event. Awards will be made to the first three U11 teams).

If a club finishes more than one team then the team finishing highest is declared to be their 'A' team and the other their 'B' team. The first 'B' team to finish will win 'B' team medals. (Bronze)

South Yorkshire AA Championships

Championship medals will be awarded to the first 3 teams to finish (male & female) in each age group (Minimum of 4 teams per age group) entered in the South Yorkshire Championships.