

**NORTH OF ENGLAND START FITNESS CROSS COUNTRY CHAMPIONSHIPS  
2023 (PROMOTED BY NORTHERN ATHLETICS)**

**UK Permit No. CC2022/0674**

**Saturday 28<sup>th</sup> January 2023**

**Witton Park, Blackburn**

**CHAMPIONSHIP EVENTS**

<b>11.00</b>	<b>Under 20 Women</b>	5.9K	Competitors 17, 18 & 19 years on 31 <sup>st</sup> August 2022
<b>11.35</b>	<b>Under 17 Men</b>	5.9K	Competitors 15 & 16 years on 31 <sup>st</sup> August 2022
<b>12.00</b>	<b>Under 15 Boys</b>	4.3K	Competitors 13 & 14 years on 31 <sup>st</sup> August 2022
<b>12.20</b>	<b>Under 15 Girls</b>	4.3K	Competitors 13 & 14 years on 31 <sup>st</sup> August 2022
<b>12.45</b>	<b>Under 13 Boys</b>	3.2K	Competitors 11 & 12 years on 31 <sup>st</sup> August 2022
<b>13.00</b>	<b>Under 13 Girls</b>	3.2K	Competitors 11 & 12 years on 31 <sup>st</sup> August 2022
<b>13.15</b>	<b>Under 17 Women</b>	5.3K	Competitors 15 & 16 years on 31 <sup>st</sup> August 2022
<b>13.40</b>	<b>Under 20 Men</b>	7.4K	Competitors 17,18 & 19 years on 31 <sup>st</sup> August 2022
<b>14.10</b>	<b>Senior Women</b>	7.4K	Competitors 20 years and over on 31 <sup>st</sup> August 2022
<b>15.00</b>	<b>Senior Men</b>	11.5K	Competitors 20 years and over on 31 <sup>st</sup> August 2022

**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 £9.00 per entrant for Senior & Junior age groups and £8.00 per entrant for all other age groups. Programmes will available online. The online system can be accessed via [www.race-results.co.uk](http://www.race-results.co.uk).

**Closing date for online entries – 13<sup>th</sup> January 2023**

**NO LATE ENTRIES WILL BE ACCEPTED**

**Conditions of Entry**

All clubs based in the Northern Athletics Area for 2022/23 may enter as many first-claim members as they wish in all events **provided they are affiliated to both Northern Athletics and England Athletics for 2022/23.**

All athletes **MUST** be **currently** registered with England Athletics as **1<sup>st</sup> Claim members of that club.**

First-claim members who do not qualify for team competition may run but these entries must be clearly marked with an asterisk. 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.**

The first SIX in the Senior Men's race and first FOUR in all other races will be a club's scoring counters, except the Junior events, which will be THREE scoring counters. Only one registered Foreign Athlete can count in the scoring team.

**Club Colours (as registered with EA) must be worn.**

**Notes**

- 1. Team entries will be accepted only from Clubs who have registered their 2022/23 Cross Country affiliation with England Athletics and are affiliated to Northern Athletics. All athletes must be registered with England Athletics and individual athlete affiliation fees for the current year (2022/23) must be paid prior to the date of the event.**
- 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.**
- 3. Chip Timing will be used.**
- 4. No athlete is allowed to compete in the Championships of more than one Area Association in any discipline in any 9 month period. NB: This applies to all disciplines.**
- 5. Refer to Northern Athletics website for full championship conditions**
- 6. NA reserves the right to ask any athlete to withdraw from a race on health and safety grounds where, continuing to compete may put either themselves, other athletes or officials at risk; and, if told to do so on the direction of a race official, the athlete must comply with the request.**

## UKA Anti-Doping Statement

*'An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.'*

*The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the licence holder is a citizen of, or resident in, the UK.'*