ENGLAND ATHLETICS

English Cross Country Association

The Saucony National Cross Country Championships 2014

Wollaton Park, Nottingham, on Saturday 22nd February 2014 at 11.00 am

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Under 17 Women Championship (5K) at 11.00 am Ages 15 & 16 years as at 31st August/1st September 2013 FOUR to score – all accepted entrants may run.

Under 15 Boys Championship (4.5K) at 11.25 am. Ages 13 & 14 years as at 31st August/1st September 2013 FOUR to score – all accepted entrants may run.

Junior Women Championship (6K) at 11.45 am Ages17, 18 & 19 years as at 31st August/1st September 2013 THREE to score – all accepted entrants may run.

Under 13 Girls Championship (3K) at 12.15 pm Ages 11 & 12 years as at 31st August/1st September 2013 (11 years on the day of competition). FOUR to score – all accepted entrants may run.

Under 17 Men Championship (6K) at 12.35 pm Ages 15 & 16 years as at 31st August/1st September 2013 FOUR to score – all accepted entrants may run.

Under 15 Girls Championship (4K) at 1.00 pm. Ages 13 & 14 years as at 31st August/1st September 2013 FOUR to score – all accepted entrants may run.

Junior Men Championship (10K) at 1.20 pm Ages 17, 18 & 19 years as at 31st August/1st September 2013 FOUR to score – all accepted entrants may run.

Under 13 Boys Championship (3K) at 2.05 pm Ages 11 & 12 years as at 31st August/1st September 2013 (11 years on the day of competition). FOUR to score – all accepted entrants may run.

Senior Women Championship (8K) at 2.20 pm Age must exceed 20 years as at 31stAugust/1st September 2013 FOUR to score – all accepted entrants may run.

Senior Men Championship (12K) at 3.00 pm Age must exceed 20 years as at 31stAugust/1st September 2013 SIX to score – all accepted entrants may run.

Qualification

(1) Only Clubs affiliated to England Athletics (EA) may enter, checks will be made and all athletes listed should be registered also with EA.

(2) All athletes must be **First-claim members** of their club. Athletes who do not qualify for team competition may enter but must be clearly indicated on entry form.

(3) All age groups (including Seniors) may enter teams or individuals **without having entered** their Area Championships

(a) Any athlete entered in their Area Championships must represent the same club in the ECCA Championships.

(b) **Full-time student** members of recognised, affiliated Higher Education clubs may only represent their Higher Education club if their first claim club is not entered as a team in that particular race.

(4) **Athletes may only compete in their own age group.**

(5) **Club colours:** Athletes **MUST** wear a club vest registered in the same colours and design to be eligible for team and individual competition. Athletes must wear clothing suitable for cross country running in cold weather.

(6) **Foreign athletes** must be registered with UK Athletics. Please indicate in column marked 'Country' the country the athlete is eligible to compete for under IAAF rules (other than Great Britain).

(7) **Also note that only one Foreign athlete is eligible to score in the team event but can enter as many as you choose**

Entry Forms

Entry forms – fully completed, remittance slips and entry fees should be submitted in the envelope provided to arrive **NO** later than **Wednesday 8th January 2014** to: J.G.R.Mower, 188 Hadleigh Road, Ipswich IP2 0DH. Tel.(01473) 216289 **LATE ENTRIES CANNOT BE ACCEPTED.**

Entry Fees – ALL ENTRANTS £6 each. CHEQUES MADE PAYABLE TO ECCA.

Online Entries by – https://secure.onreg.com/onreg2/front/step1.php?id=2052

Competitors Numbers & Chips : These must be collected by appointed team manager. Full set of an age group numbers can be signed for (NO part collection). Non used Chips should then be returned to the Registration Marquee and Used Chips to be placed in respecticles after Race- unreturned Chips will be charged to Clubs at **£7 per chip.**

Travel instructions will be issued with acknowledgement of entry.

Acknowledgement – Final travel, parking, collection of numbers and chips, changing details and other relevant information will be sent to all clubs entering the championships **Clubs must send a stamped addressed envelope size C5/A5.**