



**NORTHERN ATHLETICS START FITNESS CROSS COUNTRY CHAMPIONSHIPS 2014**  
(Under UKA Rules)  
UK Permit No.2014014

**Saturday 25th January 2014**  
**Knowsley Safari Park, Merseyside**

**CHAMPIONSHIP EVENTS**

<b>11.00 Under 17 Womens Championship</b>	5.3K	Competitors 15 & 16 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2013
<b>11.35 Junior Womens Championship</b>	5.8K	Competitors 17, 18 & 19 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2013
<b>11.55 Under 13 Girls Championship</b>	3K	Competitors 11 years on the day of competition & 12 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2013
<b>12.10 Under 17 Mens Championship</b>	5.8K	Competitors 15 & 16 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2013
<b>12.40 Under 13 Boys Championship</b>	3K	Competitors 11 years on the day of competition & 12 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2013
<b>12.55 Under 15 Girls Championship</b>	4K	Competitors 13 & 14 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2013
<b>1.20 Under 15 Boys Championship</b>	4K	Competitors 13 & 14 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2013
<b>1.40 Junior Mens Championship</b>	8K	Competitors 17, 18 & 19 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2013
<b>2.15 Senior Womens Championship</b>	8K	Competitors 20 years and over on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2013
<b>3.05 Senior Mens Championship</b>	12K	Competitors 20 years and over on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2013

**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 £6.00 per entrant for Senior & Junior age groups and £5.00 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 £8.00 for 5 programmes in advance.

The online system can also be accessed via the link on the NA website [www.northernathletics.org.uk](http://www.northernathletics.org.uk)

**Closing date for online entries – 10<sup>th</sup> January 2014**

**NO LATE ENTRIES WILL BE ACCEPTED**

**Conditions of Entry**

All clubs based in the Northern Athletics Area may enter as many first-claim members as they wish in all events **provided they are affiliated to England Athletics**. 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 Women's event which will be THREE scoring counters. Only one Foreign Athlete can count in the scoring team.

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

**Notes**

- 1. Team entries will be accepted only from Clubs who have registered their 2013-2014 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.**
- 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**