



**NORTHERN ATHLETICS START FITNESS  
CROSS COUNTRY CHAMPIONSHIPS**

*(Under UKA Rules)  
UK Permit No. 1112091*

**Saturday 28th January 2012  
Pontefract Park (Racecourse), Wakefield**

**CHAMPIONSHIP EVENT SCHEDULE**

11.00	5 Km	Under 17 Womens Championship	Competitors 15 & 16 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2011
11.25	5.6Km	Junior Womens Championship	Competitors 17, 18 & 19 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2011
11.55	3.1 Km	Under 13 Girls Championship	Competitors 11 years on the day of competition & 12 years on 31 <sup>st</sup> August/1 <sup>st</sup> September 2011
12.10	6.2km	Under 17 Mens Championship	Competitors 15 & 16 years on 31 <sup>st</sup> August/1 <sup>st</sup> September 2011
12.40	3.1Km	Under 13 Boys Championship	Competitors 11 years on the day of competition & 12 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2011
12.55	4Km	Under 15 Girls Championship	Competitors 13 & 14 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2011
1.20	4Km	Under 15 Boys Championship	Competitors 13 & 14 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2011
1.40	8Km	Junior Mens Championship	Competitors 17, 18 & 19 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2011
2.15	8Km	Senior Womens Championship	Competitors 20 years and over on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2011
3.05	12Km	Senior Mens Championship	Competitors 20 years and over on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2011

**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 £4.50 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. To use our online entry system please go to; [www.race-results.co.uk/results/2012/naxc12e.htm](http://www.race-results.co.uk/results/2012/naxc12e.htm) and follow the instructions. 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**

**Sunday 8<sup>th</sup> January 2012**

**NO LATE ENTRIES WILL BE ACCEPTED**

**Conditions of Entry**

All clubs based in the former NoEAA Territory may enter as many first-claim members as they wish in all events **provided they are affiliated to England Athletics**. All athletes **MUST** be 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.

The first SIX in the Senior Men's race and first FOUR in all other races will be a club's scoring counters.

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

**Notes**

- 1. Team entries will be accepted only from Clubs who have registered their 2011-2012 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 .It is the responsibility of athletes, clubs and team managers to ensure chips are correctly fitted as per instructions.**
- 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.**