

# Durham Cathedral Cross Country Relays

presented by

**DURHAM CITY HARRIERS & AC**

with the support of Durham University

incorporating the NEMAA Open Cross Country Relay Championships

**Sunday 14th January 2018**

**Graham Sports Centre, Maiden Castle, Durham, DH1 3SE**

(Held under UK Athletics rules - permit applied for)

Enjoy the beautiful setting of the University grounds on the edge of Durham City.

Refreshments will be available from the Sports Centre.

All races are for teams of 3. Each runner runs two laps of a fast, mostly flat, grass course  
(approx. 3000m total)

**\*PLEASE NOTE THERE WILL BE NO JUNIOR RACES AT THIS EVENT\***

## Programme

Race	Time	Event
1	10.15am	Vet Men*
2	11.00am	Senior Women / Vet Women*
3	11.45am	Senior Men

\*Includes North East Master Athletics Association Championships, open to all veterans who are first claim members of the club they are competing for

**Race 1:** First team – o/35, o/45, o/55, o/65 (NEMAA awards – first 3 teams o/35, o/45, o/55, o/65)

**Race 2:** First 3 Senior Women teams and fastest individual leg; First team – o/35, o/45, o/55, o/65 (NEMAA awards – first 3 teams o/35, o/45, o/55, o/65)

**Race 3:** First 3 teams and fastest individual leg

**Entry Fees:** £15 per team. Clubs may enter more than one team.



**Durham  
University**



## NORTHERN ATHLETICS START FITNESS CROSS COUNTRY CHAMPIONSHIPS 2018

(Under UKA Rules)

UK Permit No. 2018001

Saturday 27<sup>th</sup> January 2018

Harewood House, Harewood, Leeds LS17 9LG

### CHAMPIONSHIP EVENTS - TIMETABLE

11.00	Under 17 Women	5.5K	Competitors 15 & 16 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2017
11.35	Junior Women	6K	Competitors 17, 18 & 19 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2017
11.55	Under 13 Girls	3K	Competitors 11 years on the day of competition & 12 years on 31 <sup>st</sup> Aug / 1 <sup>st</sup> Sep 2017
12.10	Under 17 Men	6K	Competitors 15 & 16 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2017
12.40	Under 13 Boys	3.K	Competitors 11 years on the day of competition & 12 years on 31 <sup>st</sup> Aug/ 1 <sup>st</sup> Sept 2017
12.55	Under 15 Girls	4K	Competitors 13 & 14 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2017
13.20	Under 15 Boys	4K	Competitors 13 & 14 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2017
13.40	Junior Men	8K	Competitors 17, 18 & 19 years on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2017
14.15	Senior Women	8K	Competitors 20 years and over on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2017
15.05	Senior Men	12K	Competitors 20 years and over on 31 <sup>st</sup> August / 1 <sup>st</sup> September 2017

#### 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 £8.00 per entrant for Senior & Junior age groups and £7.00 per entrant for all other age groups. Programmes will be on sale for £2.00.

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 – 12<sup>th</sup> January 2018**

**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 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 2017-2018 Cross Country affiliation with England Athletics. All athletes must be registered with England Athletics and individual athlete affiliation fees for the current year (2017/18) 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 or other athletes at risk, and, if told to do so on the direction of a race official the athlete must comply with the request.

**Race conditions:** No unattached teams. Teams must be declared at least 20 minutes before the start of a race. Age Group prizes will only be awarded to vets running in a vets team. Age category of veteran runners MUST be specified on team sheet. Only First Claim runners to count. Club colours must be worn. Senior athletes must be 16 years of age or over on 14<sup>th</sup> January 2017.

**Please note:** The promoters reserve the right to curtail the prize list of any race when the number of competitors is considered insufficient. The promoters will accept no liability for any loss or damage to equipment and clothing or for injuries when competing at this event.

**The races will be followed by a presentation in the Sports Centre**

**Closing date for entries:** By Sunday 7<sup>th</sup> January 2018 using the form below. Entry will be confirmed by email or mobile.

**Entries to:**

Chris Herkes  
64 Broomside Lane  
Belmont  
Durham DH1 2QT

**Contact for enquiries:**

Tel: 07702794489  
Email: chrisherkes@yahoo.co.uk

**Cheques made payable to 'Durham City Harriers & AC'**

### Durham Cathedral Relays 2018 Entry Form

Race	Event	No. of teams	£
1	Vet Men	x £15	
2	Senior Women / Vet Women	x £15	
3	Senior Men	x £15	
		Total	
Club Name:			
Contact Name & Address (Needed in case prizes are won):			
Contact phone:			
Contact e-mail:			

**Race numbers to be collected on the morning of the event**