



The Saucony National Cross Country Championships 2012

Parliament Hill, London, on Saturday 25th February 2012 at 11.00 am

Under 17 Women Championship (5K) at 11.00 am Ages 15 & 16 years as at 31st August/1st September 2011

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 2011

FOUR to score – all accepted entrants may run.

Junior Women Championship (6K) at 11.45 am Ages 17, 18 & 19 years as at 31st August/1st September 2011

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 2011 (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 2011

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 2011

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 2011

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 2011

(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 31st August/1st September 2011

FOUR to score – all accepted entrants may run.

Senior Men Championship (12K) at 3.00 pm Age must exceed 20 years as at 31st August/1st September 2011

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).

Entry Forms

Entry forms – fully completed, remittance slips and entry fees should be submitted in the envelope provided to arrive **NO** later than **Wednesday 4th January 2012** 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=1307>

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.**

Programmes will cost £3 each on the day.

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.**



ENGLAND ATHLETICS



English Cross Country Association

The Saucony National Cross Country Championships 2012

Parliament Hill, London, on Saturday 25th February 2012 at 11.00 am

REMITTANCE FORM

RETURN TO

**Mr.J.G.R.Mower
188 Hadleigh Road
Ipswich
Suffolk IP2 0DH**

CLUB

Under 13 Boys Under 13 Girls

Under 15 Boys Under 15 Girls

Under 17 Men Under 17 Women

Junior Men Junior Women

Senior Men Senior Women

TOTAL _____ @ £6.00 per entry TOTAL £.....

Cheques to be payable to ECCA.

Acknowledgement of entries Please enclose large stamped addressed envelope (C5 / A5) for acknowledgement of entries, travel details etc.