

ENGLAND ATHLETICS

English Cross Country Association
(Reconstituted 1992)

HANDBOOK

2025-2026

Controlling Cross Country Running in England under
UK Athletics Rules



Issued September 2025

ENGLISH CROSS COUNTRY ASSOCIATION GENERAL COMMITTEE 2025-2026

President: Steve Gaines

Chairman: John Temperton, john.temperton@btinternet.com

General Secretary: Eamonn Martin eamonnmartin1958@gmail.com

Minute Secretary: Mrs Jean Simpson, jl.jdsimpson@btinternet.com

Treasurer: Richard Inchley, rinchley@hotmail.com

Area Representatives:

North

Arwel Williams

Steve Gaines

Midland

Mick Robinson

Pat Carlan

South

Martin Holland

David Harris

English Schools AA Representative:

Paul Allison

Championship Secretary:

Paul Gooding, paulgooding1962@gmail.com

Team Managers:

Senior Women: Mrs Sue Lamb, suelamb.run@virginmedia.com

Senior Men: Eamonn Martin, eamonnmartin1958@gmail.com

Junior Women: Jo Newcombe newcombe_jo@hotmail.com

Junior Men: Keith Holt, keith_holt1@sky.com



ECCA Website:

www.englishcrosscountry.co.uk

ENGLISH CROSS COUNTRY ASSOCIATION

President's list since Chain presented in 1948

Presented to 'ECCU' by Samson Howard Esq - Sheffield United Harriers.

1948	Samson Howard*	Sheffield United H	1986	Matt Frazer*	Darlington AC
1949	Harry PT Phipps*	BTH (Rugby) Recreation Club	1987	Denis R Saunders*	SKF AC
1950	H Parks*	Belgrave H	1988	David R Denton	Newark AC
1951	John C Kennedy*	North Shield Poly AC	1989	Alan J Brent*	Blackheath H
1952	Geoffrey Austin*	Birchfield H	1990	Joe W Percy*	Longwood HAC
1953	Jack G Stubbs*	South London H	1991	Barry J Wallman*	Cambridge & Coleridge AC
1954	Fred Ireland*	Winton Harriers AC	1992	Ken Rickhuss*	Newark AC
1955	Les E Edwards*	Cambridge & Coleridge AC	1993	Harry J Hicks*	Hampstead H
1956	S Arthur Wright*	West Bromwich H	1994	Mrs Vera Duerdin*	Bury AC
1957	George WS Tolley*	Epsom & Ewell H	1995	Les Clinch*	SKF AC
1958	Walter Pearson*	Leeds AC	1996	Graham Heeley	Sparkhill H
1959	H Payne*	Cambridge City AC	1997	Graham Brown	Verlea AC
1960	Tom Hunt*	Derby AC	1998	John Bradshaw	Liverpool Pembroke AC
1961	Les J Cohen*	Eton Manor AC	1999	Mrs Mary Gash*	Notts AC
1962	AE Parry*	Manchester YMCA	2000	Eric Nash*	Cambridge H
1963	CJ Walton*	Lincoln Wellington AC	2001	George E Ogle*	Tynedale HAC
1964	Cedric Angove*	B T H Rugby	2002	Cliff B Franks*	Cheltenham & County H
1965	GH Cooper*	Enfield H	2003	Joe Mower	Ipswich H
1966	C Syd Garner*	Rotherham H & AC	2004	John Temperton	Bradford Airedale AC
1967	Cyril H Comber*	Diss AC	2005	Bill Adcocks	Coventry Godiva H
1968	Jack Hartley*	Coventry Godiva H	2006	Derek Adams	Highgate H
1969	Ted H Sutters*	Ealing & Southall AC	2007	Leo Carroll*	Wirral AC
1970	Bill Raybould*	Hallamshire H	2008	Mick Robinson	Notts AC
1971	HG 'Mac' McDougal*	Luton United AC	2009	Mrs Maureen Bonanno-Smith*	Highgate H
1972	Frank Cull*	Warley AC	2010	Brian Heywood	Holmfirth H
1973	Ken EG Arbury*	Borough of Enfield AC	2011	Tony I Phillips	Tipton H
1974	J Stan Lubbock*	Sefton Harriers	2012	Martin Howard	Highgate H
1975	George Woodham*	Luton United AC	2013	Mrs Pat Green*	Liverpool HAC
1976	Harry B Lapworth*	Coventry Godiva H	2014	Pat Carlan	Mansfield AC
1977	Charles J Harrison*	Shaftesbury H	2015	Ian S Byett	Basingstoke & Mid Hants AC
1978	Jack E Davies*	Manchester H & AC	2016	Bill McGuirk	Wallsend AC
1979	George LN Dunn*	Cambridge & Coleridge AC	2017	Basil Heatley*	Coventry Godiva H
1980	George G White*	Leicester & Rutland AC	2018	Richard Inchley	Leighton Buzzard AC
1981	Cyril J Parr*	Reading AC	2019	Kevin Carr	Sunderland AC
1982	Eddie L Hardy*	Skyrac AC	2020	Mrs Rita Brownlie	Bromsgrove & Redditch AC
1983	Arthur D Maddy*	Bedfordshire & County AC	2021	Chris Stott	Barnet & District AC
1984	Ken G Dare*	Solihull & Small Heath AC	2022	Chris Stott	Barnet & District AC
1985	Les Golding*	Eton Manor AC	2023	Ron Needham	Rodillian Runners
			2024	Mrs Carolyn Franks	Cheltenham & County H
			2025	Martin Holland	Highgate H
			2026	Steve Gaines	Rotherham H&AC

LIFE MEMBERS

Mrs Rita Brownlie
Mrs Jenny Newton
Bryan Smith

Paul Maskell
John Shiels
Mrs Joyce Smith MBE

Frank Newton OBE
Mrs Jean Simpson MBE

PRESIDENT'S FOREWORD



I would like to thank my colleagues at Northern Athletics for my nomination as ECCA President; it is an unexpected honour, and a personal high point following a long involvement with the sport of cross country.

My first encounter with cross country was at Yorkshire's Whitcliffe Mount Grammar School in 1963. The freedom we enjoyed then is almost unthinkable now. An entire school year's athletes were dispatched from the school grounds to run along about three miles of bridleway and country paths, which we thought nothing of, back then, hopefully to return safely back at school before dark. A stark contrast to the current levels of risk assessment, safeguarding, and safety advisory processes that the same sport must now have in place.

My best school performance (third place in the year 7 & 8 school championships), did little to suggest that I would ever reach the heady heights of the sport, but it did instil in me a love of cross country running which is still strong today, despite walking a 4km course lap proving a bit more of a struggle!

My first athletics club was Bingley Harriers in the early 80s, but I ran my first National Championship as a senior was with Morpeth Harriers on Newcastle's Town Moor in 1986. It was something of a shock to discover, despite the deep snow, how fast the whole race was. I competed in a further seven successive Nationals and ran a total of 11 senior races, for Morpeth and later for Rotherham Harriers & Athletics Club, following a move back to Yorkshire.

At that time, I had no idea how much expertise, time, and effort, by so many people, went into giving me and every other competitor the opportunity to run in those events.

As my advancing age made racing increasingly difficult, I embarked, in 2007, upon a late apprenticeship in event organisation/club administration. This began at South Yorkshire level, then Yorkshire, then Northern and then, in 2013, I was the event manager for the National Cross Country Championship at Herrington Country Park in Sunderland. I'd like to extend my thanks and appreciation to Graham Heeley, Joe Mower, John Temperton, Ian Byett and Richard Inchley for their help and guidance with that initial National event, also for their help with the 2016, 2019, and 2023 events for which Arwel Williams and I were event managers.

I want to express my admiration for the hundreds (probably thousands) of volunteers, officials, club and association members involved in delivering all the competitions that constitute the pathway leading up to, and including the ECCA two Championship events; we are very fortunate to have that support & expertise in our sport.

The ECCA is more than just the competition provider of the two Championship events; it is the custodian and lead organisation for the sport of cross country in England. It is vitally important that it continues to effectively represent the grassroots of the sport, and ensures that the high quality of the Championship events is maintained and improved for future generations. I know that the ECCA is viewed with respect by the clubs, coaches and athletes involved in our sport; long may it run!

I look forward to seeing everyone at the 2025 relay championships on 1st November, and at the 2026 National Championships at Sedgefield, County Durham, on 21st February 2026. I wish you all, participants and spectators alike, an enjoyable and successful championships.

Steve Gaines
Rotherham H&AC

President English Cross Country Association 2025- 2026

ENGLISH CROSS COUNTRY ASSOCIATION

REPORT 2024-2025

It's quite unusual to experience changes in the leading ECCA Officers so 2024 – 2025 proved exceptional with Ian Byett, Joe Mower and Barbara Cutting leaving their respective posts of Hon Secretary, Championship Secretary and Junior Women's Team Manager, having fulfilled their duties for over 25 years. Their contributions have been immense and will be long remembered. Eamonn Martin and Paul Gooding stepped in to undertake Ian and Joe's duties with Ian and Joe supporting them in the background.

The Relays marked the end of another era as Saucony had taken the decision not to renew their successful years of sponsorship and we now look forward to working with SPORTSSHOES.COM.

It's also been unusual to have promoted two National Championships during the 2024 – 2025 winter season in order to accommodate the postponed 2024 event in September at Weston Park. It was decided to hold the event under the previous year's age groups to give Young Athletes the chance to compete at the National in the age group that would have applied in February. Whilst we weren't surprised that entry numbers were down, the grassy parkland course provided some excellent competition and we look forward to the opportunity of visiting Weston Park again in the future.

Fortunately the 2024 – 2025 championships went ahead as planned, without any adverse weather conditions. The members of Mansfield H&AC again provided excellent support for the Relays. A number of minor changes had to be made to the course to accommodate recent developments but the new start/finish area introduced in 2023 again proved to be an improvement.

The 2025 'National' returned to Parliament Hill where SPORTSSHOES.COM introduced themselves to the ECCA. A major innovation was a big screen television broadcasting the streaming service that is now a customary part of our championships. Once again Paul Maskell and his team assisted the local organisation led by Martin Howard, Malcom French and our 2025 President, Martin Holland. Entries were down a little on previous Parliament Hill championships but all ran smoothly – although the course did become extremely muddy in places.

Paul Maskell has been a fixture on Hampstead Heath for longer than most of us can remember. The enthusiasm he has shown for working with the ECCA is unsurpassed and has taken the form of financial assistance, benefits in kind, links to the Heath community and the City of London and positive communications. Regrettably – for the ECCA – Paul is now anticipating retirement before our next visit in 2028. We look forward to seeing him again, if only in his role as an Honorary Life Member of the ECCA.

Away from our primary purpose of providing English Cross Country championships and selecting and managing teams to represent England we have faced the issues presented by the changes to Young Athlete age groups approved by UKA and the four home country associations and which will come into force in 2026. Those changes have not been universally welcomed by the endurance running community and the ECCA has expressed serious concerns to England Athletics and the UKA sub-group working on implementation plans. At the 2025 Annual Open Meeting it was agreed to adopt the new age groups and the changes will apply from the Cross Country Relays in November 2026. Barbara's decision to step down is the first change in Team Manager personnel since Sue Lamb joined the team in 2006, alongside Eamonn Martin and Keith Holt. Jo Newcombe has been appointed to the Junior Women's duties. Thanks go to all for their attention to detail and time commitment for the benefit of our outstanding athletes.

It's always easy to express appreciation of those who make the ECCA run so smoothly and that appreciation extends to others who might not be named directly. Richard Inchley continues to diligently manage our finances; Eamonn Martin has stepped in with a fresh outlook and Jean Simpson maintains our meeting records. In addition Martin Holland has enjoyed a successful year as President, Paul Gooding has proved to be a rapid learner with innovative ideas, Graham Heeley manages all of the Officials' appointments and Peta Bee has added valuable support in improving our communications with the sport – particularly on Instagram.

CHAMPIONSHIP MEDALLISTS 2024 - 2025

National Relays: Berry Hill Park, Mansfield – 2nd November 2024

Results:

Under 13 Girls (3x2K): Brentwood Beagles AC; 2 Lincoln Wellington AC; 3 Chelmsford AC

Under 15 Girls (3x2K): 1 Aldershot, Farnham & Dist AC 'A'; 2 Chelmsford AC; 3 Windsor Slough Eton & Hounslow AC

Under 17 Women (3x2.5K): 1 Lincoln Wellington AC; 2 Aldershot, Farnham & Dist AC 3 Chelmsford AC

Junior Women (3x2.5K): 1 Univ of Birmingham AC; 2 St Albans Striders; 3 Vale Royal AC; 4 Windsor Slough Eton & Hounslow AC

Senior Women (3x3K): 1 Belgrave H; 2 Aldershot, Farnham & Dist AC 'A'; 3 Aldershot, Farnham & Dist AC 'B'

Under 13 Boys (3x2K): 1 Preston H; 2 Liverpool H&AC; 3 North Shields Polytechnic AC

Under 15 Boys (3x2K): 1 Cambridge & Coleridge AC; 2 Herne Hill H; 3 Dacorum AC

Under 17 Men (3x3K): 1 Salford H&AC; 2 Blackheath & Bromley AC; 3 Preston H

Junior Men (3x3K): 1 Radley AC; 2 Peterborough & Nene Valley AC; 3 Aldershot, Farnham & Dist AC

Senior Men (4x5K): 1 Shaftesbury Barnet H; 2 Bedford & County AC; 3 Cambridge & Coleridge AC

National Championships: Parliament Hill Fields – 22nd February 2025

Under 13 Girls: 1 Mia McGoldrick (Settle H); 2 Skye Widdows (Brighton & Hove AC); 3 Skyla O'Brien (Herne Hill)

Teams: 1 Liverpool H&AC 90 pts; 2 South London H 153 pts; 3 Bracknell AC 176 pts

Under 15 Girls: 1 Gabrielle Pinder (New Marske H); 2 Kitty Scott (Aldershot, Farnham & Dist AC); 3 Kara Gorman (Windsor Slough Eton & Hounslow AC)

Teams: 1 Aldershot, Farnham & Dist AC 61 pts; 2 Chelmsford AC 121 pts; 3 Windsor Slough Eton & Hounslow AC 154 pts

Under 17 Women: 1 Lucy Wilkinson (Windsor Slough Eton & Hounslow AC); 2 Faith Taylor (Lincoln Wellington AC); 3 Raya Petrova (Eastbourne Rovers AC)

Teams: 1 Windsor Slough Eton & Hounslow AC 63 pts; 2 Eastbourne Rovers AC 107 pts;

3 Salford H&AC 164 pts

Junior Women: 1 Isabel Holt (Blackburn H&AC); Eliza Nicholson (Blackheath & Bromley AC); 3 Rebecca Flaherty (Bingley H&AC)

Teams: 1 Blackheath & Bromley AC 37 pts; 2 Windsor Slough Eton & Hounslow AC 86 pts; 3 Epsom & Ewell H 90 pts

Senior Women: 1 Jessica Gibbon (Reading AC); 2 Amelia Quirk (Bracknell AC); 3 Olivia Mathias (Newark AC)

Teams: 1 Leeds City AC 89 pts; 2 Aldershot, Farnham & Dist AC 93 pts; 3 Thames Hare & Hounds 161 pts

Under 13 Boys: 1 Zakariya Rush (Solihull & Small Heath AC); 2 James-Dean Docherty (Dacorum AC); 3 Jonah Tyldesley (City of Portsmouth AC)

Teams: 1 Preston H 105 pts; 2 Windsor Slough Eton & Hounslow AC 136 pts; 3 Herne Hill H 162 pts

Under 15 Boys: 1 Jake Ireland (Macclesfield H&AC); 2 Yariel Alem (Leeds City AC); 3 Finn MacLennan (Cambridge & Coleridge AC)

Teams: 1 Cambridge & Coleridge AC 92 pts; 2 Herne Hill H 97 pts; 3 Dacorum AC 128 pts

Under 17 Men: 1 Alex Lennon (Sutton & Dist AC); 2 Rory Barclay-Watt (Exeter H); 3 Jack Marwood (Salford H&AC)

Teams: 1 Sutton & Dist AC 77 pts; 2 City of Norwich AC 146 pts; 3 Exeter H 160 pts

Junior Men: 1 Matthew Pickering (Aldershot, Farnham & Dist AC); 2 Frank McGrath (Windsor Slough Eton & Hounslow AC); 3 Gianluca Mastrodonato (City of York AC)

Teams: 1 Tonbridge AC 91 pts; 2 Aldershot, Farnham & Dist AC 115 pts; 3 Chelmsford AC 119 pts

Senior Men: 1 Richard Slade (Chiltern H&AC); 2 James Kingston (Tonbridge AC); 3 Flurry Grierson (Highgate H)

Teams: 1 Bristol & West AC 115 pts; 2 Shaftesbury Barnet H 198 pts; 3 Highgate H 228 pts



CHAMPIONSHIP TROPHY WINNERS 2025

National CC Championships

Frank Wynne Cup for winning Senior Men's team: **Bristol & West AC**

Chesham Cup for winning individual Senior Man: **Richard Slade (Chiltern HAC)**

Charles Otway Memorial Cup for Senior Men 9 to score excluding first three teams: **Tonbridge AC**

S H B Livingston Memorial Trophy for leading Midland Senior Men's team: **Bristol & West AC**

W Finch-Wayte Cup for leading South of England Senior Men's team: **Shaftesbury Barnet H**

Frank Christmas Memorial Trophy for leading North of England Senior Men's team: **Leeds City AC**

Michelin Minor Club Trophy for leading Senior Men's team not in first thirty during last five years: **Brighton & Hove AC**

Persil Trophy for lowest aggregate score in Senior, Junior & Under 17 Men: **Tonbridge AC**

Centenary Trophy for leading Senior Men's club in existence at formation of ECCU: **Bristol & West AC**

Harry Hall Trophy for winning Junior Men's team: **Tonbridge AC**

Arbiter Trophy for winning individual Junior Man: **Matthew Pickering (Aldershot Farnham & Dist AC)**

Andy Gibb Trophy for leading South of England Junior Men's team: **Tonbridge AC**

The J S Lubbock Memorial Trophy for leading North of England Junior Men's team: **Not awarded**

Sheffield Challenge Trophy for winning Under 17 Men's team: **Sutton & District AC**

J A Wagstaff Trophy for winning individual Under 17 Man: **Alex Lennon (Sutton & District AC)**

Alf Cannon Memorial Trophy for leading Midland Under 17 Men's team: **Team Bath AC**

Jack Crump Memorial Trophy for leading South of England Under 17 Men's team: **Sutton & District AC**

The George Warburton Memorial Trophy for leading North of England Under 17 Men's team: **Trafford AC**

Saucony Individual Trophy for winning individual Under 15 Boy: **Jake Ireland (Macclesfield H & AC)**

Dr Frank Newton Trophy for winning Under 15 Boys' team: **Cambridge & Coleridge AC**

Saucony Individual Trophy for winning individual Under 13 Boy: **Zakariya Rush (Solihull & Small Heath AC)**

The AF & D Shield for the winning Under 13 Boys' team: **Preston H**

George French Shield for winning Senior Women's team: **Leeds City AC**

William Bartlett Trophy for winning individual Senior Woman: **Jessica Gibbon (Reading AC)**

The Dave Russell Trophy for the leading North of England Senior Women's team: **Leeds City AC**

The Eric Hughes Memorial Trophy for the winning Junior Women's team: **Blackheath & Bromley HAC**

The Goodwill Trophy for winning individual Junior Woman: **Isabel Holt (Blackburn H & AC)**

The Margaret Meikle Cup for the leading North of England Junior Women's team: **Salford H & AC**

The Tom Heeley Cup for winning Under 17 Women's team: **Windsor Slough Eton & Hounslow AC**

The WCC&RRA Trophy for winning individual Under 17 Woman: **Lucy Wilkinson (Windsor Slough Eton & Hounslow AC)**

The Norman Waterson Memorial Trophy for the leading North of England Under 17 Women's team: **Salford H & AC**

The Vera Duerdin Memorial Cup for winning Under 15 Girls team: **Aldershot Farnham & Dist AC**

WCC&RRA Trophy for winning individual Under 15 Girl: **Gabrielle Pinder (New Marske H)**

President's Trophy for winning Under 13 Girls team: **Liverpool H & AC**

The Secretary's Trophy for winning individual Under 13 Girl: **Mia McGoldrick (Settle H)**

Nelson Neal Trophy for the leading Women's overall team: **Windsor Slough Eton & Hounslow AC**

CHAMPIONSHIP WINNERS

SENIOR MEN

Year - Venue - Team - Individual

- 1876 Buckhurst Hill Declared void
- 1877 Roehampton - **Thames Hare & Hounds** - P H Stenning (Thames Hare & Hounds)
- 1878 Roehampton - **Spartan H** - P H Stenning (Thames Hare & Hounds)
- 1879 Roehampton - **Thames Hare & Hounds** - P H Stenning (Thames Hare & Hounds)
- 1880 Roehampton - **Birchfield H** - PH Stenning (Thames Hare & Hounds)
- 1881 Roehampton - **Moseley H** - GADunning (Clapton Beagles)
- 1882 Roehampton - **Moseley H** - W G George (Mose-ey H)
- 1883 Roehampton - **Moseley H** - GADunning (Clapton Beagles)
- 1884 Four Oaks, Sutton Coldfield - **Moseley H** - W G George (Moseley H)
- 1885 Manchester - **Liverpool H** - W Snook (Birchfield H)
- 1886 Croydon - **Birchfield H** - J E Hickman (Godiva H)
- 1887 Four Oaks, Sutton Coldfield - **Birchfield H** - J E Hickman (Godiva H)
- 1888 Manchester - **Birchfield H** - E W Parry (Salford H)
- 1889 Kempton - **Salford H** - E W Parry (Salford H)
- 1890 Sutton Coldfield - **Salford H** - E W Parry (Salford H)
- 1891 Prenton, Birkenhead - **Birchfield H** - J Kibblewhite (Spartan H)
- 1892 Ockham - *Tie between Birchfield H and Essex Beagles* - H A Heath (South London H). In the subsequent run-off Birchfield H won by 35 pts to 43 pts
- 1893 Redditch - **Essex Beagles** - H A Heath (South London H)
- 1894 Blackpool - **Birchfield H** - G Crossland (Salford H)
- 1895 Wembley - **Birchfield H** - S Cottrill (Thames Valley H)
- 1896 Water Orton - **Salford H** - G Crossland (Manchester H)
- 1897 Trafford Park - *Tie between Salford H and Manchester H* - S J Robinson (Northampton & County AC)
- 1898 Horton, Northants - **Salford H** - S J Robinson (Northampton & County AC)
- 1899 Wembley - **Highgate H** - C Bennett (Finchley H)
- 1900 Rotherham - **Finchley H** - C Bennett (Finchley H)
- 1901 Leicester - **Essex Beagles** - A Shrubbs (South London H)
- 1902 Lingfield - **Highgate H** - A Shrubbs (South London H)
- 1903 Haydock - **Birchfield H** - A Shrubbs (South London H)
- 1904 Wolverhampton - **Highgate H** - A Shrubbs (South London H)
- 1905 Lingfield - **Highgate H** - A Aldridge (Highgate H)
- 1906 Haydock - **Sutton H & AC** - C J Straw (Sutton H & AC)
- 1907 Colwall - **Birchfield H** - G Pearce (Highgate H)
- 1908 Newbury - **Hallamshire H** - A J Robertson (Birchfield H)
- 1909 Haydock - **Birchfield H** - J Murphy (Hallam-shire H)
- 1910 Derby - **Hallamshire H** - F C Neaves (Surrey AC)
- 1911 Taplow - **Hallamshire H** - F N Hibbins (Thrapston H & AC)
- 1912 Haydock - **Hallamshire H** - F N Hibbins (Thrapston H & AC)
- 1913 Wolverhampton - **Birchfield H** - E Glover (Hallamshire H)
- 1914 Chesham - **Surrey AC** - C H Ruffell (Highgate H)
- 1915-1919 No championships
- 1920 Windsor Great Park - **Birchfield H** - J Guillemot (France)
- 1921 Doncaster - **Birchfield H** - W Freeman (Birchfield H)
- 1922 Hereford - **Birchfield H** - J Guillemot (France)
- 1923 Beaconsfield - **Birchfield H** - C E Blewitt (Birchfield H)
- 1924 Doncaster - **Birchfield H** - Cpl W M Cotterell (Royal Corps Signals)
- 1925 Hereford - **Birchfield H** - Cpl W M Cotterell (Royal Corps Signals)
- 1926 Wolverton - **Birchfield H** - J E Webster (Birchfield H)
- 1927 Crewe - **Hallamshire H** - E Harper (Hallamshire H)
- 1928 Leamington - **Birchfield H** - J E Webster (Birchfield H)
- 1929 Beaconsfield - **Birchfield H** - E Harper (Hallamshire H)
- 1930 Sheffield - **Birchfield H** - W B Howard (Kettering Town H)
- 1931 Kettering - **Birchfield H** - J H Potts (Saltwell H)
- 1932 Wolverton - **Birchfield H** - J A Burns (Elswick H)
- 1933 Alderley Edge - **Birchfield H** - T Evenson (Salford H)
- 1934 Homley Park - **Birchfield H** - S Dodd (Wirral AC)
- 1935 Beaconsfield - **Belgrave H** - F Close (Reading AC)
- 1936 Alderley Edge - **Birchfield H** - J H Potts (Saltwell H)
- 1937 Stratford-upon-Avon - **Birchfield H** - H D Clark (York H)
- 1938 Reading - **Mitcham AC** - J T Holden (Tipton H)
- 1939 Worsley - **Belgrave H** - J T Holden (Tipton H)
- 1940-1945 No championships
- 1946 Leamington Spa - **Belgrave H** - J T Holden (Tipton H)
- 1947 Apsley - **Sutton H & AC** - A A Robertson (Reading AC)
- 1948 Sheffield - **Belgrave H** - S C Wooderson (Blackheath H)
- 1949 Bromford Bridge, Birmingham - **Sutton H** - F E Aaron (Leeds St Marks H)
- 1950 Aylesbury - **Sutton H** - F E Aaron (Leeds St Marks H)
- 1951 Richmond, Yorkshire - **Sutton H** - F E Aaron (Leeds St Marks H)
- 1952 Great Barr, Birmingham - **Victoria Park AAC** - W Hesketh (Manchester A & CC)
- 1953 Reading - **Birchfield H** - D A G Pirie (South London H)
- 1954 Birkenhead - **Bolton United H & AC** - D A G Pirie (South London H)
- 1955 Bedford - **South London H** - D A G Pirie (South London H)
- 1956 Warwick - **Sheffield United H & AC** - K L Norris (Thames Valley H)
- 1957 Parliament Hill - **South London H** - F D Sando (Aylesford PMSC)
- 1958 Birkenhead - **South London H** - A F Perkins (Ilford AC)
- 1959 Peterborough - **Sheffield United H & AC** - F Norris (Bolton United H)
- 1960 West Bromwich - **Derby & County AC** - B B Heatley (Coventry Godiva H)
- 1961 Parliament Hill - **Derby & County AC** - B B Heatley (Coventry Godiva H)
- 1962 Stanley Park, Blackpool - **Derby & County AC** - G North (Blackpool & Fylde AC)
- 1963 Cambridge - **Coventry Godiva H** - B B Heatley (Coventry Godiva H)
- 1964 Leicester - **Portsmouth AC** - M R Batty (Thurrock H)
- 1965 Parliament Hill - **Portsmouth AC** - M R Batty (Thurrock H)
- 1966 Sheffield - **North Staffs & Stone HAC** - R Hill (Bolton United H)
- 1967 Norwich - **Portsmouth AC** - R Taylor (Coventry Godiva H)

- 1968 Sutton Coldfield - **Coventry Godiva H** - R Hill (Bolton United H)
- 1969 Parliament Hill - **Tipton H** - M Tagg (Norfolk Gazelles)
- 1970 Blackpool - **City of Stoke AC** - T Wright (Hallamshire H)
- 1971 Norwich - **Shettleston H** - D Bedford (Shaftesbury H)
- 1972 Sutton Coldfield - **Tipton H** - M Thomas (Thames Valley H)
- 1973 Parliament Hill - **Gateshead H & AC** - D Bedford (Shaftesbury H)
- 1974 Sheffield - **Derby & County AC** - D Black (Small Heath H)
- 1975 Stopsley, Luton - **Gateshead H & AC** - A Simmons (Luton United AC)
- 1976 Leicester - **Gateshead H & AC** - B Ford (Aldershot Farnham & District AC)
- 1977 Parliament Hill - **Gateshead H & AC** - B Foster (Gateshead H & AC)
- 1978 Leeds - **Tipton H** - B Ford (Aldershot Farnham & District AC)
- 1979 Stopsley, Luton - **Gateshead H & AC** - M McLeod (Elswick H)
- 1980 Leicester - **Tipton H** - N Rose (Bristol AC)
- 1981 Parliament Hill - **Tipton H** - J Goater (Shaftesbury H)
- 1982 Leeds - **Tipton H** - D Clarke (Hercules Wimbledon AC)
- 1983 Stopsley, Luton - Aldershot Farnham & District AC - T Hutchings (Crawley AC)
- 1984 Newark - **Aldershot Farnham & District AC** - E Martin (Basildon AC)
- 1985 Milton Keynes - **Aldershot Farnham & District AC** - D Lewis (Rossendale H & AC)
- 1986 Newcastle - **Tipton H** - T Hutchings (Crawley AC)
- 1987 Stopsley, Luton - **Gateshead H & AC** - D Clarke (Hercules Wimbledon AC)
- 1988 Newark - **Birchfield H** - D Clarke (Hercules Wimbledon AC)
- 1989 Epsom - **Tipton H** - D Lewis (Rossendale H & AC)
- 1990 Leeds - **Valli H** - R Nerurkar (Bingley H & AC)
- 1991 Stopsley, Luton - **Bingley H & AC** - R Nerurkar (Bingley H & AC)
- 1992 Newark - **Tipton H** - E Martin (Basildon AC)
- 1993 Parliament Hill - **Bingley H & AC** - R Nerurkar (Bingley H & AC)
- 1994 South Shields - **Blackheath H** - D Lewis (Rossendale H & AC)
- 1995 Wigmore, Luton - **Blackheath H** - S Duval (Cannock & Stafford AC)
- 1996 Newark - **Bingley H & AC** - J Nuttall (Preston H & AC)
- 1997 Havant - **Tipton H** - S White (Coventry Godiva H)
- 1998 Leeds - **Bingley H & AC** - D Bannister (Shaftesbury Barnet H)
- 1999 Newark - **Tipton H** - J Pugsley (Birchfield H)
- 2000 Stowe - **Tipton H** - G Tromans (Coventry Godiva H)
- 2001 Durham - **Bingley H & AC** - M Openshaw (Birchfield H)
- 2002 Bristol - **Bingley H & AC** - S Haughian (Windsor Slough Eton & Hounslow AC)
- 2003 Parliament Hill - **Leeds City AC** - M Smith (Tipton H)
- 2004 Leeds - **Belgrave H** - G Tromans (Coventry Godiva H)
- 2005 Birmingham - **Salford H & AC** - G Tromans (Coventry Godiva H)
- 2006 Parliament Hill - **Leeds City AC** - P Riley (Leigh H & AC)
- 2007 Sunderland - **Leeds City AC** - F Tickner (Wells City H)
- 2008 Alton Towers - **Leeds City AC** - T Humphries (Cannock & Stafford AC)
- 2009 Parliament Hill - **Newham & Essex Beagles** - F Tickner (Wells City H)
- 2010 Leeds - **Aldershot Farnham & District AC** - A Vernon (Aldershot Farnham & District AC)
- 2011 Alton Towers - **Leeds City AC** - S Vernon (Stockport Harriers & AC)
- 2012 Parliament Hill - **Leeds City AC** - K Gerrard (Newham & Essex Beagles AC)
- 2013 Herrington Country Park - **Morpeth Harriers & AC** - K Gerrard (Newham & Essex Beagles AC)
- 2014 Wollaton Park - **Bedford & County AC** - S Vernon (Stockport Harriers & AC)
- 2015 Parliament Hill - **Notts AC** - Charlie Hulson (Sale H Manchester)
- 2016 Donington - **Morpeth H** - Jonathan Hay (Aldershot Farnham & Dist AC)
- 2017 Wollaton Park - **Tonbridge AC** - Ben Connor (Derby AC)
- 2018 Parliament Hill - **Tonbridge AC** - Adam Hickey (Southend on Sea AC)
- 2019 Harewood House, Leeds - **Leeds City AC** - Mahamed Mahamed (Southampton AC)
- 2020 Wollaton Park - **Tonbridge AC** - Calum Johnson (Gateshead H&AC)
- 2021 No Championship
- 2022 Parliament Hill - **Southampton AC** - Mahamed Mahamed (Southampton AC)
- 2023 Bolesworth Castle, Chester - **Leeds City AC**; James Kingston (Tonbridge AC)
- 2024 Weston Park, Shropshire - **Bristol & West AC** - Hugo Milner (Derby AC)
- 2025 Parliament Hill - **Bristol & West AC** - Richard Slade (Chiltern H&AC)

JUNIOR MEN

- 1948 Sheffield - **Westbury H** - W M Atkinson (Kettering Town H)
- 1949 Bromford Bridge, Birmingham - **Sheffield United H** - G B Saunders (Bolton United H)
- 1950 Aylesbury - **East Cheshire H** - W Hesketh (Manchester A & CC)
- 1951 Richmond, Yorkshire - **Thames Valley H** - W Hesketh (Manchester A & CC)
- 1952 Great Barr, Birmingham - **Coventry Godiva H** - J Wild (East Cheshire H)
- 1953 Reading - **Essex Beagles** - P B Driver (South London H)
- 1954 Birkenhead - **Sheffield United H** - K F Caulder (Surrey AC)
- 1955 Bedford - **South London H** - J McLaren (Shotts Miners' Welfare, Scotland)
- 1956 Warwick - **South London H** - S R Langridge (South London H)
- 1957 Parliament Hill - **Bristol AC** - G A North (Blackpool & Fylde AC)
- 1958 Birkenhead - **Derby & County AC** - A A Cocking (Bramley & District AC)
- 1959 Peterborough - **Middlesbrough & Cleveland H** - S James (Middlesbrough & Cleveland H)

- 1960 West Bromwich - **Derby & County AC** - A E Walker (North Staffs & Stone H)
- 1961 Parliament Hill - **Tipton H** - C Robinson (Rochdale H)
- 1962 Blackpool - **North Staffs & Stone H & AC** - M R Heath (Cambridge U H & H)
- 1963 Cambridge - **Coventry Godiva H** - J Farrington (Cheltenham & County H)
- 1964 Leicester - **Coventry Godiva H** - P Yates (Windsor & Eton AC)
- 1965 Parliament Hill - **Hallamshire H** - R Taylor (Coventry Godiva H)
- 1966 Sheffield - **Sale H** - M Tagg (Norfolk Gazelles)
- 1967 Norwich - **Sale H** - M Tagg (Norfolk Gazelles)
- 1968 Sutton Coldfield - **Mitcham AC** - I Stewart (Birchfield H)
- 1969 Parliament Hill - **Brighton & Hove AC** - A Holden (Preston H)
- 1970 Blackpool - **Brighton & Hove AC** - K Rollason (Tipton H)
- 1971 Norwich - **Birmingham University AC** - J Lane (Feltham AC)
- 1972 Sutton Coldfield - **Aldershot Farnham & District AC** - D Black (Small Heath H)
- 1973 Parliament Hill - **Loughborough Colleges AC** - N Coupland (Southampton & Eastleigh AC)
- 1974 Sheffield - **City of Stoke AC** - N Coupland (Southampton & Eastleigh AC)
- 1975 Stopsley, Luton - **Birmingham University AC** - S Ovet (Brighton & Hove AC)
- 1976 Leicester - **Sale H** - N Muir (Shettleston H)
- 1977 Parliament Hill - **Birmingham University AC** - N Muir (Shettleston H)
- 1978 Leeds - **Birmingham University AC** - N Lees (Derby & County AC)
- 1979 Stopsley, Luton - **Essex Beagles** - S Binns (Bingley H & AC)
- 1980 Leicester - **Birchfield H** - M Morton (Blackburn H)
- 1981 Parliament Hill - **Rossendale H & AC** - J Doherty (Leeds City AC)
- 1982 Leeds - **Birchfield H** - S Harris (Shaftesbury H)
- 1983 Stopsley, Luton - **Leicester Coritanian AC** - J Richards (Duchy of Cornwall AC)
- 1984 Newark - **Tipton H** - R Carter (Brighton & Hove AC)
- 1985 Milton Keynes - **Birmingham University AC** - P Roden (East Cheshire H)
- 1986 Newcastle - **Tonbridge AC** - C Sweeney (Birmingham University AC)
- 1987 Stopsley, Luton - **Newham & Essex Beagles AC** - R Findlow (Airedale & Spen Valley AC)
- 1988 Newark - **Aldershot Farnham & District AC** - S Mugglestone (Westbury H)
- 1989 Epsom - **Bingley H & AC** - S Brooks (Bingley H & AC)
- 1990 Leeds - **Chester-le-Street & District AC** - S Duval (Cannock & Stafford AC)
- 1991 Stopsley, Luton - **Sale H** - A Pearson (Longwood H AC)
- 1992 Newark - **Sale H** - A Pearson (Longwood H AC)
- 1993 Parliament Hill - **Coventry Godiva H** - S White (Coventry Godiva H)
- 1994 South Shields - **Coventry Godiva H** - K Tadesse (Belgrave H)
- 1995 Wigmore, Luton - **London Irish AC** - D McCormack (Vauxhall AC)
- 1996 Newark - **Peterborough AC** - M O'Dowd (Swindon AC)
- 1997 Havant - **Borough of Hounslow AC** - S Wilkinson (Stourport AC)
- 1998 Leeds - **Aldershot Farnham & District AC** - Andrew Graffin (Tonbridge AC)
- 1999 Newark - **Solihull & Small Heath AC** - S Haughian (Borough of Hounslow AC)
- 2000 Stowe - **Aldershot Farnham & District AC** - C Thompson (Aldershot Farnham & District AC)
- 2001 Durham - **Sale H Manchester** - C Thompson (Aldershot Farnham & District AC)
- 2002 Bristol - **Aldershot Farnham & District AC** - L McCash (Shaftesbury Barnet H)
- 2003 Parliament Hill - **Aldershot Farnham & District AC** - M Farah (Windsor Slough Eton & Hounslow AC)
- 2004 Leeds - **Aldershot Farnham & District AC** - P McGlory (Liverpool H & AC)
- 2005 Birmingham - **Aldershot Farnham & District AC** - K Gerrard (Manx H)
- 2006 Parliament Hill - **Aldershot Farnham & District AC** - A Vernon (Aldershot Farnham & District AC)
- 2007 Sunderland - **Liverpool H & AC** - K Deighton (Bridlington RR)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - L Carey (Nuneaton Harriers)
- 2009 Parliament Hill - **City of Norwich AC** - N Goolab (Belgrave H)
- 2010 Leeds - **Warrington AC** - N Goolab (Belgrave Harriers)
- 2011 Alton Towers - **Shaftesbury Barnet H** - J Hay (Aldershot Farnham & District AC)
- 2012 Parliament Hill - **Aldershot Farnham & Dist AC** - J Hay (Aldershot Farnham & District AC)
- 2013 Herrington Country Park - **Aldershot Farnham & Dist AC** - Ian Bailey (Aldershot Farnham & District AC)
- 2014 Wollaton Park - **Tonbridge** - Jonathan Davies (Reading AC)
- 2015 Parliament Hill - **Tonbridge AC** - Jonathan Davies (Reading AC)
- 2016 Donington - **Aldershot Farnham & Dist AC** - Ellis Cross (Aldershot, Farnham & Dist AC)
- 2017 Wollaton Park - **Aldershot, Farnham & Dist AC** - Ellis Cross (Aldershot, Farnham & Dist AC)
- 2018 Parliament Hill - **Milton Keynes Distance Project** - Mahamed Mahamed (Southampton AC)
- 2019 Harewood House, Leeds - **Tonbridge AC** - Rory Leonard (Morpeth H & AC)
- 2020 Wollaton Park - **Shaftesbury Barnet H** - Zakariya Mahamed (Southampton AC)
- 2021 No Championship
- 2022 Parliament Hill - **Aldershot Farnham & Dist AC** - Will Barnicoat (Aldershot Farnham & Dist AC)
- 2023 Bolesworth Castle, Chester - **Tonbridge AC**; Will Barnicoat (Aldershot Farnham & District AC)
- 2024 Weston Park, Shropshire - **Aldershot Farnham & Dist AC** - Aron Gebremariam (Birchfield H)
- 2025 Parliament Hill - **Tonbridge AC** - Matthew Pickering (Aldershot, Farnham & Dist AC)

UNDER 17 MEN

- 1946 Leamington Spa - **Harehill Liberal Club** - G B Saunders (Derby & County AC)
- 1947 Apsley - **Tie between South London H and Liverpool H** - P J Pirie (South London H)
- 1948 Sheffield - **Sheffield United H** - W Hesketh (Manchester A & CC)
- 1949 Bromford Bridge, Birmingham - **Thames Valley H** - J Price (East Cheshire H)
- 1950 Aylesbury - **Sutton H** - W I Williams (Salford H)
- 1951 Richmond, Yorkshire - **Sheffield United H** - W I Williams (Salford H)
- 1952 Great Barr, Birmingham - **Ilford AC** - D J Richards (Barry Grammar School)
- 1953 Reading - **Sheffield United H** - M Reeve (Southend AC)
- 1954 Birkenhead - **South London H** - A Cocking (Bramley & District H)
- 1955 Bedford - **South London H** - A Cocking (Bramley & District H)
- 1956 Warwick - **Liverpool H & AC** - J R Parker (Westbury H)
- 1957 Parliament Hill - **Shaftesbury H** - G Howard (Watford H)
- 1958 Birkenhead - **Walton AC** - M Harrop (Halifax H & AC)
- 1959 Peterborough - **Saltwell H** - K Smith (Deptford AC)
- 1960 West Bromwich - **Hallamshire H** - R Dungworth (Rotherham H)
- 1961 Parliament Hill - **Derby & County AC** - V Poke (Hallamshire H)
- 1962 Blackpool - **Birchfield H** - J Simmons (Derby & County AC)
- 1963 Cambridge - **Luton H & H** - P Romaine (Spalding & District AC)
- 1964 Leicester - **Sale H** - D Atkin (Airedale H)
- 1965 Parliament Hill - **Sale H** - D Atkin (Airedale H)
- 1966 Sheffield - **Sale H** - B Miles (Sunderland H)
- 1967 Norwich - **Waterloo HAC** - A Simmons (Luton United H)
- 1968 Sutton Coldfield - **Wakefield H** - D Bedford (Shaftesbury H)
- 1969 Parliament Hill - **Airedale & Spen Valley AC** - C Garforth (Hull H)
- 1970 Blackpool - **Small Heath H** - C Falconer (Springburn H)
- 1971 Norwich - **Liverpool Pembroke AC** - D Black (Small Heath H)
- 1972 Sutton Coldfield - **Sale H** - N Saunders (Southgate H)
- 1973 Parliament Hill - **Achilles AC** - R Crabb (Swindon AC)
- 1974 Sheffield - **Bristol AC** - M Longhorn (Bradford Grammar School)
- 1975 Stopsley, Luton - **Gateshead H & AC** - J Mills (Gateshead H & AC)
- 1976 Leicester - **Brighton & Hove AC** - N Martin (Bracknell AC)
- 1977 Parliament Hill - **Birchfield H** - M Morton (Blackburn H & AC)
- 1978 Leeds - **Birchfield H** - S Catchpole (King Edward School)
- 1979 Stopsley, Luton - **Birchfield H** - D Lewis (Rossendale H & AC)
- 1980 Leicester - **Gateshead H & AC** - P Elliott (Rotherham H)
- 1981 Parliament Hill - **Wirral AC** - J Richards (Duchy of Cornwall AC)
- 1982 Leeds - **Thames Valley H** - M Vile (Westbury H)
- 1983 Stopsley, Luton - **Wirral AC** - P Taylor (Copeland AC)
- 1984 Newark - **Tonbridge AC** - R Findlow (Airedale & Spen Valley AC)
- 1985 Milton Keynes - **Wolverhampton & Bilston AC** - D Mead (Thetford AC)
- 1986 Newcastle - **Birchfield H** - D Mead (Thetford AC)
- 1987 Stopsley, Luton - **GEC Avonics AC** - J Dennis (Camberley & District AC)
- 1988 Newark - **Chester-le-Street & District AC** - J Brown (Hallamshire H)
- 1989 Epsom - **Warrington AC** - J Gascoyne (Harlow AC)
- 1990 Leeds - **Sale H** - C Rees (Elswick H)
- 1991 Stopsley, Luton - **Wirral AC** - T Mackin (Old Gaytonians AC)
- 1992 Newark - **Shaftesbury Barnet H** - M Steinle (Blackheath H)
- 1993 Parliament Hill - **Derby & County AC** - K Farrow (Derby & County AC)
- 1994 South Shields - **Aldershot Farnham & District AC** - A Oldfield (Kettering Town H)
- 1995 Wigmore, Luton - **Cornwall AC** - Andrew Graffin (Tonbridge AC)
- 1996 Newark - **Oadby & Wigston Legionnaires** - P Morby (Solihull & Small Heath AC)
- 1997 Havant - **Blackheath H** - G Thompson (Crawley AC)
- 1998 Leeds - **Blackheath H** - L McCash (Pendle AC)
- 1999 Newark - **Sunderland H & AC** - M Farah (Borough of Hounslow AC)
- 2000 Stowe - **Borough of Hounslow AC** - M Farah (Borough of Hounslow AC)
- 2001 Durham - **Aldershot Farnham & District AC** - S Ablitt (Grantham AC)
- 2002 Bristol - **Liverpool Pembroke & Sefton H & AC** - T Humphries (Cannock & Stafford AC)
- 2003 Parliament Hill - **Bristol AC** - G Freeman (Invicta East Kent AC)
- 2004 Leeds - **Southend-on-Sea AC** - A Hickey (Southend-on-Sea AC)
- 2005 Birmingham - **Southend-on-Sea AC** - A Hickey (Southend-on-Sea AC)
- 2006 Parliament Hill - **OWLS AC** - L Carey (Nuneaton H)
- 2007 Sunderland - **Aldershot Farnham & District AC** - D Forrester (St Helens Sutton AC)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - D Clorley (Luton AC)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - J Hay (Aldershot Farnham & District AC)
- 2010 Leeds - **Tonbridge AC** - Richard Goodman (Shaftesbury Barnet Harriers)
- 2011 Alton Towers - **Tonbridge AC** - K Clements (Ipswich H)
- 2012 Parliament Hill - **Aldershot Farnham & Dist AC** - M Shirling (Liverpool Harriers & AC)
- 2013 Herrington Country Park - **Tonbridge AC** - Adam Howard (Oldham & Royton Harriers & AC)
- 2014 Wollaton Park - **Shaftesbury Barnet Harriers** - Zak Miller (Trafford AC)
- 2015 Parliament Hill - **Tonbridge AC** - Mahamed Mahamed (Southampton AC)
- 2016 Donington - **Tonbridge AC** - Isaac Akers (Corby AC)

- 2017 Wollaton Park - **Tonbridge AC** - James Puxty (Tonbridge AC)
- 2018 Parliament Hill - **Cambridge & Coleridge AC** - David Stone (Shaftesbury Barnet H)
- 2019 Harewood House, Leeds - **Invicta East Kent AC** - Samuel Charlton (Wallsend H & AC)
- 2020 Wollaton Park - **Windsor Slough Eton & Hounslow AC** - Will Bamicoat (Windsor Slough Eton & Hounslow AC)
- 2021 No Championship
- 2022 Parliament Hill - **South London H** - Sam Mills (Exeter H)
- 2023 Bolesworth Castle, Chester - **Aldershot Farnham & Dist AC**; Henry Dover (Shaftesbury Barnet H)
- 2024 Weston Park, Shropshire - **Aldershot Farnham & Dist AC** - Michael Clark (City of Norwich AC)
- 2025 Parliament Hill - **Sutton & Dist AC** - Alex Lennon (Sutton & Dist AC)

UNDER 15 BOYS

- 2003 Parliament Hill - **Aldershot Farnham & District AC** - M Burgess (Woodford Green AC with Essex Ladies)
- 2004 Leeds - **City of Stoke AC** - A Derricott (City of Stoke AC)
- 2005 Birmingham - **Leeds City AC** - S Horsfield (East Cheshire H & Tameside AC)
- 2006 Parliament Hill - **Tonbridge AC** - M Withey (Stroud & District AC)
- 2007 Sunderland - **Tonbridge AC** - N Young (Mendip AC)
- 2008 Alton Towers - **Bedford & County AC** - S Webb (Ipswich H)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - H Dixon (Aldershot Farnham & District AC)
- 2010 Leeds - **Shaftesbury Barnet Harriers** - J McMurray (St Albans AC)
- 2011 Alton Towers - **Tonbridge AC** - A Howard (Oldham & Royton Harriers & AC)
- 2012 Parliament Hill - **Windsor Slough Eton & Hounslow AC** - G Duggan (Tonbridge AC)
- 2013 Herrington Country Park - **Aldershot Farnham & Dist AC** - Daniel Evans (Warrington AC)
- 2014 Wollaton Park - **Bedford & County AC** - Ben Dijkstra (Leicester Coritanian AC)
- 2015 Parliament Hill - **Tonbridge AC** - George Groom (Shaftesbury Barnet H)
- 2016 Donington Park - **Vale Royal AC** - Josh Cowperthwaite (Middlesbrough AC)
- 2017 Wollaton Park - **Middlesbrough AC** - Kristian Imroth (Dacorum & Tring AC)
- 2018 Parliament Hill - **Aldershot Farnham & District AC** - Mohamed Ali (Ealing Southall & Middlesex AC)
- 2019 Harewood House, Leeds - **Aldershot Farnham & District AC** - Alexander Thompson (Wharfedale H)
- 2020 Wollaton Park - **South London H** - Lewis Sullivan (Saint Edmund Pacers)
- 2021 No Championship
- 2022 Parliament Hill - **Chiltern HAC** - Robert Price (Vale Royal AC)
- 2023 Bolesworth Castle, Chester - **Trafford AC**; Owen Ulfig (Wolverhampton & Bilston AC)
- 2024 Weston Park, Shropshire - **Tonbridge AC**; Mikey Bacon (Rotherham H & AC)

- 2025 Parliament Hill - **Cambridge & Coleridge AC** - Jake Ireland (Macclesfield H&AC)

UNDER 13 BOYS

- 2003 Parliament Hill - **Royal Sutton Coldfield AC** - C Booker (Halesowen AC)
- 2004 Leeds - **Aldershot Farnham & District AC** - M Jackson (Warrington AC)
- 2005 Birmingham - **Tonbridge AC** - N Young (Mendip AC)
- 2006 Parliament Hill - **Aldershot Farnham & District AC** - R Letch (Aldershot Farnham & District AC)
- 2007 Sunderland - **Tonbridge AC** - T Purnell (Stroud & District AC)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - J Knox (Helm Hill Runners)
- 2010 Leeds - **Tonbridge AC** - G Duggan (Tonbridge AC)
- 2011 Alton Towers - **Leicester Coritanian AC** - G Elliott (Benfleet RC)
- 2012 Parliament Hill - **Bedford & County AC** - C Solomon (Woodford Green AC with Essex Ladies)
- 2013 Herrington Country Park - **Tonbridge AC** - T Kendrick (Tonbridge AC)
- 2014 Wollaton Park - **Charnwood AC** - Joshua Cowperthwaite (Middlesbrough AC)
- 2015 Parliament Hill - **Aldershot, Farnham & Dist AC** - Tommy Dawson (Leeds City AC)
- 2016 Donington - **Aldershot, Farnham & Dist AC** - Tommy Dawson (Leeds City AC)
- 2017 Wollaton Park - **Aldershot, Farnham & Dist AC** - Jaden Kennedy (Herne Hill H)
- 2018 Parliament Hill - **Chiltern HAC** - William Rabjohns (Poole AC)
- 2019 Harewood House, Leeds - **South London H** - Benjamin Peck (Thetford AC)
- 2020 Wollaton Park - **Chiltern HAC** - Alden Collier (Chiltern HAC)
- 2021 No Championship
- 2022 Parliament Hill - **Trafford AC** - Jake Meyburgh (Windsor Slough Eton & Hounslow AC)
- 2023 Bolesworth Castle, Chester - **Herne Hill H**; Thomas Thake (Hallamshire H Sheffield)
- 2024 Weston Park, Shropshire - **Hercules Wimbledon AC**; Theo Creed (Hercules Wimbledon AC)
- 2025 Parliament Hill - **Preston H** - Zakariya Rush (Solihull & Small Heath AC)

SENIOR WOMEN

- 1927 Luton - **Middlesex Ladies AC** - A M A Williams (Littlehampton LAC)
- 1928 Chigwell - **Middlesex Ladies AC** - L D Styles (Littlehampton LAC)
- 1929 Perivale - **Middlesex Ladies AC** - L D Styles (Littlehampton AC)
- 1930 Wolverton - **Westbury H** - L D Styles (Littlehampton AC)
- 1931 Epsom - **London Olympiades AC** - G A Lunn (Birchfield H)
- 1932 Coventry - **Birchfield H** - G A Lunn (Birchfield H)
- 1933 Warwick - **Airedale H** - L D Styles (Haywards Heath LAC)

- 1934 Kettering - **London Olympiades AC** - L D Styles (London Olympiades AC)
- 1935 Longbridge - **London Olympiades AC** - N Halstead (Radcliffe H & AC)
- 1936 Chidwell Row - **Small Heath H** - N Halstead (Radcliffe H & AC)
- 1937 Perry Barr - **Birchfield H** - L D Styles (London Olympiades AC)
- 1938 Luton - **Birchfield H** - E Forster (Civil Service AC)
- 1939 Rugby - **Birchfield H** - E Forster (Civil Service AC)
- 1940-1945 No championships
- 1946 Cheltenham - **Birchfield H** - P Sandall (Birchfield H)
- 1947 Oxford - **Birchfield H** - R M Wright (St Gregory's LAC)
- 1948 Sutton Coldfield - **Birchfield H** - I Kibler (Birchfield H)
- 1949 Worsley - **Birchfield H** - E Johnson (Airedale H)
- 1950 Parliament Hill - **Birchfield H** - A Gibson (North Shields Poly LAC)
- 1951 Tadcaster - **Ilford AC** - P E M Green (Ilford AC)
- 1952 Perry Barr - **Ilford AC** - P E M Green (Ilford AC)
- 1953 Birmingham - **Birchfield H** - D S Leather (Birchfield H)
- 1954 Aylesbury - **Birchfield H** - D S Leather (Birchfield H)
- 1955 Leeds - **Ilford AC** - D S Leather (Birchfield H)
- 1956 Sutton Coldfield - **Ilford AC** - D S Leather (Birchfield H)
- 1957 Enfield - **Ilford AC** - J Bridgland (Southampton AC)
- 1958 Winton, Lanes - **Highgate H** - R Ashby (Coventry Godiva H)
- 1959 Birmingham - **London Olympiades AC** - J Byatt (Hampstead H)
- 1960 Morden Park - **Ilford AC** - J Byatt (Hampstead H)
- 1961 Sheffield - **London Olympiades AC** - R Ashby (Coventry Godiva H)
- 1962 Wolverhampton - **London Olympiades AC** - R Ashby (Coventry Godiva H)
- 1963 Richmond Park - **Mitcham AC** - M C Ibbotson (Longwood LAC)
- 1964 Bury - **Bury & Radcliffe AC** - M C Ibbotson (Longwood LAC)
- 1965 Birmingham - **Maryhill LAC** - P Davies (Selsonia AC)
- 1966 Watford - **Maryhill LAC** - P Davies (Selsonia AC)
- 1967 Blackburn - **Barnet & District AC** - P Davies (Selsonia AC)
- 1968 Coventry - **Cambridge H** - P Davies (Selsonia AC)
- 1969 Aldershot - **Barnet & District AC** - R Lincoln (Essex Ladies AC)
- 1970 Blackburn - **Cambridge H** - R Lincoln (Essex Ladies AC)
- 1971 Wolverhampton - **Coventry Godiva H** - R Lincoln (Essex Ladies AC)
- 1972 High Wycombe - **Cambridge H** - R Lincoln (Essex Ladies AC)
- 1973 Rawtenstall - **Cambridge H** - J Smith [Byatt] (Barnet Ladies AC)
- 1974 Leicester - **Barnet & District AC** - R Ridley [Lincoln] (Essex Ladies AC)
- 1975 Parliament Hill - **Cambridge H** - C Tranter (Stretford AC) - D Nagle (Guinness AC) Guest 1st
- 1976 Blackburn - **London Olympiades AC** - A Ford (Hounslow AC)
- 1977 Stoke - **Sale H** - G Penny (Cambridge H)
- 1978 High Wycombe - **Sale H** - M Stewart (Birchfield H)
- 1979 Runcorn - **Aldershot Farnham & District AC** - K Binns (Sale H)
- 1980 Rugeley - **Birchfield H** - R Smeeth (Aldershot Farnham & District AC)
- 1981 Colchester - **Sale H** - W Smith (Hounslow AC)
- 1982 Carlisle - **Sale H** - P Fudge (Hounslow AC)
- 1983 Warwick - **Sale H** - C Benning [Tranter] (Southampton AC)
- 1984 Knebworth - **Aldershot Farnham & District AC** - J Furniss [Shields] (Sheffield AC)
- 1985 Birkenhead - **Crawley AC** - A Tooby (Cardiff AC)
- 1986 Leicester - **Sale H** - C Bradford (Clevedon AC)
- 1987 Bexley - **Sale H** - J Shields (Sheffield AC)
- 1988 Leeds - **Birchfield H** - H Titterington (Leicester Coritanian AC)
- 1989 Birmingham - **Parkside (Harrow) AC** - A Pain [Hulley] (Leeds City AC)
- 1990 Rickmansworth - **Parkside (Harrow) AC** - A Whitcombe (Parkside [Harrow] AC)
- 1991 Birkenhead - **Parkside (Harrow) AC** - A Whitcombe (Parkside [Harrow] AC)
- 1992 Cheltenham - **Parkside (Harrow) AC** - L York (Leicester Coritanian AC)
- 1993 Luton - **Parkside (Harrow) AC** - G Stacey (Bromley Ladies AC)
- 1994 Blackburn - **Parkside (Harrow) AC** - P Radcliffe (Bedford & County AC)
- 1995 Luton - **Parkside (Harrow) AC** - K McCandless (Parkside [Harrow] AC)
- 1996 Newark - **Parkside (Harrow) AC** - A Wyeth (Parkside [Harrow] AC) - *N Lynch (Oxford University AC) 1st disqualified non-registered foreign athlete*
- 1997 Havant - **Leeds City AC** - A Whitcombe (Parkside [Harrow] AC)
- 1998 Leeds - **Shaftesbury Barnet H** - M Myers (Parkside [Harrow] AC)
- 1999 Newark - **Shaftesbury Barnet H** - A Newport (Basingstoke & Mid Hants AC)
- 2000 Stowe - **Shaftesbury Barnet H** - T Kryzwicki (Charnwood AC)
- 2001 Durham - **Sale H Manchester** - L Yelling (Bedford & County AC)
- 2002 Bristol - **Shaftesbury Barnet H** - L Yelling (Bedford & County AC)
- 2003 Parliament Hill - **Chester-le-Street & District AC** - H Yelling (Windsor Slough Eton & Hounslow AC)
- 2004 Leeds - **Bristol AC** - B Dagne (Belgrave H)
- 2005 Birmingham - **Bristol & West AC** - H Yelling (Windsor Slough Eton & Hounslow AC)
- 2006 Parliament Hill - **Charnwood AC** - E Hall (Herts Phoenix AC)
- 2007 Sunderland - **Winchester & District AC** - L Yelling (Bedford & County AC)
- 2008 Alton Towers - **Winchester & District AC** - L Yelling (Bedford & County AC)
- 2009 Parliament Hill - **Charnwood AC** - H Dean (Hallamshire H Sheffield)
- 2010 Leeds - **Charnwood AC** - S Twell (Aldershot Farnham & District AC)
- 2011 Alton Towers - **Charnwood AC** - L Damen (Winchester & District AC)

- 2012 Parliament Hill - **Hallamshire H** - G Steel (Charnwood AC)
- 2013 Herrington Country Park - **Aldershot Farnham & Dist AC** - Louise Damen (Winchester & District AC)
- 2014 Wollaton Park - **Aldershot, Farnham & Dist AC** - Gemma Steele (Charnwood AC)
- 2015 Parliament Hill - **Aldershot Farnham & District AC** - Lily Partridge (Aldershot, Farnham & Dist AC)
- 2016 Donington Park - **Aldershot Farnham & District AC** - Lily Partridge (Aldershot, Farnham & Dist AC)
- 2017 Wollaton Park - **Aldershot, Farnham & Dist AC** - Jessica Judd (Chelmsford AC)
- 2018 Parliament Hill - **Sale H Manchester** - Phoebe Law (Kingston AC & Polytechnic H)
- 2019 Harewood House, Leeds - **Leeds City AC** - Emily Hosker-Thornhill (Aldershot Farnham & District AC)
- 2020 Wollaton Park - **Aldershot Farnham & District AC** - Anna Moller (Aldershot Farnham & District AC)
- 2021 No Championship
- 2022 Parliament Hill - **Leeds City AC** - Jessica Gibbon (Reading AC)
- 2023 Bolesworth Castle, Chester - **Charnwood AC**; Sarah Astin (Belgrave H)
- 2024 Weston Park, Shropshire - **Aldershot, Farnham & Dist AC** - Niamh Brown (Aldershot Farnham & Dist AC)
- 2025 Parliament Hill - **Leeds City AC** - Jessica Gibbon (Reading AC)
- JUNIOR WOMEN (U20)**
- 1992 Cheltenham - **Bedford & County AC** - P Radcliffe (Bedford & County AC)
- 1993 Luton - **Bedford & County AC** - S Murphy (Shaftesbury Barnet H)
- 1994 Blackburn - **Parkside (Harrow) AC** - C O'Connor (Oldham & Royton H & AC)
- 1995 Luton - **Medway AC** - A Braham (Parkside [Harrow] AC)
- 1996 Newark - **Sale H Manchester** - B Dagne (Essex Ladies AC)
- 1997 Havant - **Bristol AC** - B Dagne (Essex Ladies AC)
- 1998 Leeds - **Bristol AC** - A Waterlow (Sale H Manchester)
- 1999 Newark - **Charnwood AC** - S Thomas (Wallsend H & AC)
- 2000 Stowe - **Charnwood AC** - C Walsh (Shaftesbury Barnet H)
- 2001 Durham - **Charnwood AC** - Juliet Potter (Charn-wood AC)
- 2002 Bristol - **Bristol AC** - Jane Potter (Charnwood AC)
- 2003 Parliament Hill - **Charnwood AC** - L Damen (Bournemouth AC)
- 2004 Leeds - **Aldershot Farnham & District AC** - F Fullerton (Havering Mayesbrook AC)
- 2005 Birmingham - **Aldershot Farnham & District AC** - L Kenny (Aldershot Farnham & District AC)
- 2006 Parliament Hill - **Bedford & County AC** - D Sale (Orion H)
- 2007 Sunderland - **Bristol & West AC** - J Sparke (Woodford Green AC with Essex Ladies)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - S Twell (Aldershot Farnham & District AC)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - S Twell (Aldershot Farnham & District AC)
- 2010 Leeds - **Aldershot Farnham & District AC** - J Harvey (Exeter Harriers)
- 2011 Alton Towers - **Aldershot, Farnham & District AC** - C Purdue (Aldershot, Farnham & District AC)
- 2012 Parliament Hill - **Aldershot Farnham & Dist AC** - E Gorecka (Aldershot, Farnham & District AC)
- 2013 Herrington Country Park - **Aldershot Farnham & Dist AC** - E Gorecka (Aldershot, Farnham & District AC)
- 2014 Wollaton Park - **Aldershot, Farnham & Dist AC** - Georgia Taylor-Brown (Sale Harriers Manchester AC)
- 2015 Parliament Hill - **Aldershot Farnham & District AC** - Rebecca Murray (Bedford & County AC)
- 2016 Donington - **Stockport HAC** - Harriet Knowles-Jones (Warrington AC)
- 2017 Wollaton Park - **Aldershot, Farnham & Dist AC** - Harriet Knowles-Jones (Warrington AC)
- 2018 Parliament Hill - **Sale H Manchester** - Harriet Knowles-Jones (Warrington AC)
- 2019 Harewood House, Leeds - **Herne Hill H** - Amelia Quirk (Bracknell AC)
- 2020 Wollaton Park - **Bracknell AC** - Amelia Quirk (Bracknell AC)
- 2021 No Championship
- 2022 Parliament Hill - **Aldershot Farnham & Dist AC** - Alexandra Millard (Invicta East Kent AC)
- 2023 Bolesworth Castle, Chester - **City of Norwich AC**; Beatrice Wood City of Salisbury AC & RC)
- 2024 Weston Park, Shropshire - **Vale Royal AC** - Emilia Platt (Salford H&AC)
- 2025 Parliament Hill - **Blackheath & Bromley AC** - Isabel Holt (Blackburn H&AC)
- UNDER 17 WOMEN**
- 1967 Blackburn - **Rochdale H** - P Lewis (Bury & Radcliffe AC)
- 1968 Coventry - **Westbury H** - M Brownley (Bolton United H & AC)
- 1969 Aldershot - **Bury & Radcliffe AC** - M Sonner (Watford H)
- 1970 Blackburn - **Watford H** - M Sonner (Watford H)
- 1971 Wolverhampton - **Stretford AC** - M Stewart (Birchfield H)
- 1972 High Wycombe - **Sale H** - M Stewart (Birchfield H)
- 1973 Rawtenstall - **Rossendale H & AC** - M Stewart (Birchfield H)
- 1974 Leicester - **Aldershot Farnham & District AC** - A M Robinson (Sale H)
- 1975 Parliament Hill - **City of Stoke AC** - J Barrass (Aldershot Farnham & District AC)
- 1976 Blackburn - **Verlea AC** - R Smeeth (Aldershot Farnham & District AC)
- 1977 Stoke - **Bracknell AC** - W Smith (Feltham AC)
- 1978 High Wycombe - **Sale H** - S Arthurton (Leeds City AC)
- 1979 Runcorn - **Sale H** - S Arthurton (Leeds City AC)
- 1980 Rugeley - **Sale H** - L King (Basingstoke AC)
- 1981 Colchester - **Leeds City AC** - A Hollington (Bournemouth AC)

- 1982 Carlisle - **Darlington H & AC** - A Hollington (Bournemouth AC)
- 1983 Warwick - **Andover AC** - L Ramwell (Sale H)
- 1984 Knebworth - **Sale H** - B Smyth (Phoenix AC)
- 1985 Birkenhead - **Sale H** - C Keller (Sale H)
- 1986 Leicester - **Sale H** - P Mason (Guildford & Godalming AC)
- 1987 Bexley - **Leicester Coritanian AC** - A Holmes (Liverpool H & AC)
- 1988 Leeds - **Leicester Coritanian AC** - J Adkin (Tonbridge AC)
- 1989 Birmingham - **Leicester Coritanian AC** - L Watson (GEC Avionics AC)
- 1990 Rickmansworth - **City of Stoke AC** - G Stacey (Bromley Ladies AC)
- 1991 Birkenhead - **Cannock & Stafford AC** - P Radcliffe (Bedford & County AC)
- 1992 Cheltenham - **Bedford & County AC** - S Murphy (Shaftesbury Barnet H)
- 1993 Luton - **Bedford & County AC** - S Murphy (Shaftesbury Barnet H)
- 1994 Blackburn - **Aldershot Farnham & District AC** - B Gray (Riddings YC)
- 1995 Luton - **Sale H Manchester** - V Robinson (City of Stoke AC)
- 1996 Newark - **Liverpool H & AC** - A Gascoigne (Wells City H)
- 1997 Havant - **Shaftesbury Barnet H** - J Swallow (Brentwood AC)
- 1998 Leeds - **Liverpool H & AC** - Jane Potter (Rushcliffe AC)
- 1999 Newark - **Ipswich H** - Jane Potter (Rushcliffe AC)
- 2000 Stowe - **Bristol AC** - H Freeman (Invicta East Kent AC)
- 2001 Durham - **Sale H Manchester** - F Fullerton (Havering Mayesbrook AC)
- 2002 Bristol - **Aldershot Farnham & District AC** - K Wootton (Bedford & County AC)
- 2003 Parliament Hill - **Aldershot Farnham & District AC** - K Hawitt (Warrington AC)
- 2004 Leeds - **Aldershot Farnham & District AC** - J Sparke (Woodford Green AC with Essex Ladies)
- 2005 Birmingham - **Royal Sutton Coldfield AC** - S Edwards (Kettering Town H)
- 2006 Parliament Hill - **Rotherham H & AC** - S Edwards (Kettering Town H)
- 2007 Sunderland - **Rotherham H & AC** - C Purdue (Aldershot Farnham & District AC)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - L Park (Ellenborough AC)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - L Small (Aldershot Farnham & District AC)
- 2010 Leeds - **Aldershot Farnham & District AC** - E Gorecka (Aldershot Farnham & District AC)
- 2011 Alton Towers - **Aldershot Farnham & Dist AC** - E Gorecka (Aldershot Farnham & Dist AC)
- 2012 Parliament Hill - **Aldershot Farnham & Dist AC** - R Straw (Cannock & Staffs AC)
- 2013 Herrington Country Park - **Aldershot Farnham & Dist AC** - Annabel Mason (Wakefield District Harriers & AC)
- 2014 Wollaton Park - **Birtley AC** - Lydia Turner (Birtley AC)
- 2015 Parliament Hill - **Aldershot Farnham & District AC** - Harriet Knowles-Jones (Warrington AC)
- 2016 Donington - **Aldershot Farnham & Dist AC** - Niamh Brown (Aldershot Farnham & Dist AC)
- 2017 Wollaton Park - **Blackheath & Bromley HAC** - Amelia Quirk (Bracknell AC)
- 2018 Parliament Hill - **Liverpool H & AC** - Ella McNiven (Liverpool H & AC)
- 2019 Harewood House, Leeds - **Herne Hill H** - Olivia Mason (Border H & AC)
- 2020 Wollaton Park - **Aldershot Farnham & District AC** - Maya Todd McIntyre (Rushcliffe AC)
- 2021 No Championship
- 2022 Parliament Hill - **Vale Royal AC** - Jess Bailey (Leven Valley AC)
- 2023 Bolesworth Castle, Chester - **Cambridge & Coleridge AC**; Innes Fitzgerald (Exeter H)
- 2024 Weston Park, Shropshire - **Windsor Slough Eton & Hounslow AC** - Freya Bradley (Westbury H)
- 2025 Parliament Hill - **Windsor Slough Eton & Hounslow AC** - Lucy Wilkinson (Windsor Slough Eton & Hounslow AC)

UNDER 15 GIRLS

- 1966 Watford - **Cambridge H** - M McSherry (Cambridge H)
- 1967 Blackburn - **Bury & Radcliffe AC** - G Coleman (Thurrock H)
- 1968 Coventry - **City of Stoke AC** - J Rainford (Bury & Radcliffe AC)
- 1969 Aldershot - **City of Stoke AC** - B Watts (Southend-on-Sea AC)
- 1970 Blackburn - **Bathgate AC** - M Stewart (Birch-field H)
- 1971 Wolverhampton - **Sale H** - C Boxer (Aldershot Farnham & District AC)
- 1972 High Wycombe - **Sale H** - H Hill (Cannock AC)
- 1973 Rawtenstall - **City of Stoke AC** - H Hill (Cannock AC)
- 1974 Leicester - **Pitreavie AC** - H Hill (Cannock AC)
- 1975 Parliament Hill - **Sale H** - T Latimore (Harlow AC)
- 1976 Blackburn - **Sale H** - A Pattison (City of Stoke AC)
- 1977 Stoke - **Sale H** - S Arthurton (Leeds City AC)
- 1978 High Wycombe - **Sale H** - K Timson (Thurrock H)
- 1979 Runcorn - **Sale H** - P Matheson (Sale H)
- 1980 Rugeley - **Manchester AC** - E Lyon (Wycombe Phoenix)
- 1981 Colchester - **Wycombe Phoenix** - E Lyon (Wycombe Phoenix)
- 1982 Carlisle - **Andover AC** - J Beesley (Berry Hill AC)
- 1983 Warwick - **Bristol AC** - W Wright (Derby Ladies AC)
- 1984 Knebworth - **Crawley AC** - L Reilly (Morpeth H & AC)
- 1985 Birkenhead - **Leicester Coritanian AC** - M Holmes (Liverpool H & AC)
- 1986 Leicester - **Hallamshire H** - L Field (Halesowen AC)
- 1987 Bexley - **Liverpool H & AC** - C Nicholson (Darlington H & AC)
- 1988 Leeds - **Bedford & County AC** - C Mayock (Rockingham AC)
- 1989 Birmingham - **Bedford & County AC** - C Mayock (Rockingham AC)
- 1990 Rickmansworth - **Morpeth H & AC** - J Mitchell (Hercules Wimbledon AC)

- 1991 Birkenhead - **GEC Avionics AC** - A Foster (Morpeth H & AC)
- 1992 Cheltenham - **Bedford & County AC** - A Tremble (North Shields Poly AC)
- 1993 Luton - **Sale H** - H Foster (Morpeth H & AC)
- 1994 Blackburn - **Cannock & Stafford AC** - J Heslop (Elswick H)
- 1995 Luton - **Liverpool H & AC** - J Hogan (Scar-borough Ryedale H & AC)
- 1996 Newark - **Stevenage & North Herts AC** - J Swallow (Brentwood AC)
- 1997 Havant - **Aldershot Farnham & District AC** - N Coates (Cramlington AAC)
- 1998 Leeds - **Bristol AC** - L Whittaker (Sale H Manchester)
- 1999 Newark - **Sale H Manchester** - C Birch (Liverpool Pembroke & Sefton H & AC)
- 2000 Stowe - **Bedford & County AC** - C Birch (Liverpool Pembroke & Sefton H & AC)
- 2001 Durham - **Aldershot Farnham & District AC** - R Nathan (Lincoln Wellington AC)
- 2002 Bristol - **Aldershot Farnham & District AC** - C Browning (Aldershot Farnham & District AC)
- 2003 Parliament Hill - **Royal Sutton Coldfield AC** - D Walker (Royal Sutton Coldfield AC)
- 2004 Leeds - **Royal Sutton Coldfield AC** - S Twell (Aldershot Farnham & District AC)
- 2005 Birmingham - **Aldershot Farnham & District AC** - C Purdue (Aldershot Farnham & District AC)
- 2006 Parliament Hill - **Aldershot Farnham & District AC** - C Purdue (Aldershot Farnham & District AC)
- 2007 Sunderland - **Aldershot Farnham & District AC** - L Park (Ellenborough AC)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - E Gorecka (Aldershot Farnham & District AC)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - E Gorecka (Aldershot Farnham & District AC)
- 2010 Leeds - **Aldershot Farnham & District AC** - J Judd (Chelmsford AC)
- 2011 Alton Towers - **Aldershot Farnham & District AC** - B Owen (Scarborough AC)
- 2012 Parliament Hill - **Aldershot Farnham & District AC** - B Clay (Invicta East Kent AC)
- 2013 Herrington Country Park - **Charnwood AC** - Lucy Jones (Charnwood AC)
- 2014 Wollaton Park - **Blackheath & Bromley Harriers AC** - Sabrina Sinha (Cambridge Harriers)
- 2015 Parliament Hill - **Aldershot Farnham & District AC** - Kathleen Faes (Tonbridge AC)
- 2016 Donington - **City of Norwich AC** - Josie Czura (City of Portsmouth AC)
- 2017 Wollaton Park - **City of Norwich AC** - Olivia Mason (Border H)
- 2018 Parliament Hill - **City of Norwich AC** - Sian Heslop (Macclesfield H & AC)
- 2019 Harewood House, Leeds - **Blackheath & Bromley H & AC** - Holly Weedall (Vale Royal AC)
- 2020 Wollaton Park - **Vale Royal AC** - Kiya Dee (Highworth RC)
- 2021 No Championship
- 2022 Parliament Hill - **Wreake & Soar Valley AC** - Isabella Waugh (Rotherham H & AC)
- 2023 Bolesworth Castle, Chester - **Rotherham H & AC**; Shaikira King (Wreake & Soar Valley AC)
- 2024 Weston Park, Shropshire - **Chelmsford AC** - Paige Quinn (Torbay AAC)
- 2025 Parliament Hill - **Aldershot, Farnham & District AC** - Gabrielle Pinder (New Marske H)

UNDER 13 GIRLS

- 1970 Blackburn - A Cherry (Fauldhouse AC)
- 1971 Wolverhampton - R Taylor (Birchfield H)
- 1972 High Wycombe - K Williams (Pitreevie AC)
- 1973 Rawtenstall - **Pitreevie AC** - F McKenzie (Pitreevie AC)
- 1974 Leicester - **Sale H** - J Priest (Wycombe Phoenix)
- 1975 Parliament Hill - **Sale H** - P Clark (Sale H)
- 1976 Blackburn - **Warrington AC** - D Russell (Cambridge H)
- 1977 Stoke - **Sale H** - A Alford (Stevenage AC)
- 1978 High Wycombe - **Manchester AC** - L Silva (Melbourne AC)
- 1979 Runcorn - **Sutton Harriers** - T Glead (Wycombe Phoenix)
- 1980 Rugeley - **Exeter H** - T Glead (Wycombe Phoenix)
- 1981 Colchester - **Victoria Park AC** - R Hughes (Fleet & Crookham AC)
- 1982 Carlisle - **Victoria Park AC** - R Hughes (Fleet & Crookham AC)
- 1983 Warwick - **Leicester Coritanian AC** - C Bennett (Bingley H & AC)
- 1984 Knebworth - **Mid Hants AC** - A Davies (Mid Hants AC)
- 1985 Birkenhead - **Tonbridge AC** - J Adkin (Tonbridge AC)
- 1986 Leicester - **Manchester H** - M Wilkinson (Manchester H)
- 1987 Bexley - **Bedford & County AC** - C Mayock (Rockingham AC)
- 1988 Leeds - **Bedford & County AC** - C Whitley (Liverpool H & AC)
- 1989 Birmingham - **Morpeth H & AC** - A Foster (Morpeth H & AC)
- 1990 Rickmansworth - **Derby Ladies AC** - L White (Exeter H)
- 1991 Birkenhead - **Warrington AC** - L Powell (Blackburn H & AC)
- 1992 Cheltenham - **Liverpool H & AC** - A Barker (Keighley H)
- 1993 Luton - **Liverpool H & AC** - L Bradley (Morpeth H & AC)
- 1994 Blackburn - **Bolton United H & AC** - J Swallow (Brentwood AC)
- 1995 Luton - **City of Stoke AC** - C Wilson (Morpeth H & AC)
- 1996 Newark - **Liverpool H & AC** - S Raven (Southend-on-Sea AC)
- 1997 Havant - **Hercules Wimbledon AC** - Z Jelbert (Newquay & Par AC)
- 1998 Leeds - **Liverpool Pembroke & Sefton H & AC** - C Birch (Liverpool Pembroke & Sefton H & AC)

- 1999 Newark - **Aldershot Farnham & District AC** - K Wotton (Luton United AC)
- 2000 Stowe - **Aldershot Farnham & District AC** - L Jepson (Leicester Coritanian AC)
- 2001 Durham - **Aldershot Farnham & District AC** - C Browning (Aldershot Farnham & District AC)
- 2002 Bristol - **Aldershot Farnham & District AC** - E Pidgeon (Gloucester AC)
- 2003 Parliament Hill - **Royal Sutton Coldfield AC** - S Simpson (Luton United AC)
- 2004 Leeds - **Aldershot Farnham & District AC** - B Haywood (Lincoln Wellington AC)
- 2005 Birmingham - **Bedford & County AC** - K Avery (Shildon R & AC)
- 2006 Parliament Hill - **Aldershot Farnham & District AC** - M Hawtin (Oxford City AC)
- 2007 Sunderland - **East Cheshire H & Tameside AC** - E Gorecka (Aldershot Farnham & District AC)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - J Judd (Thurrock H)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - A Hetherington (Carlisle Aspatria AC)
- 2010 Leeds - **Bracknell AC** - H Goddard (Bracknell AC)
- 2011 Alton Towers - **Bracknell AC** - K Shiel Rankin (Aldershot, Farnham & District AC)
- 2012 Parliament Hill - **Bracknell AC** - S Sinha (Cambridge H)
- 2013 Herrington Country Park - **Herne Hill Harriers** - Katy Ann MacDonald (Herne Hill Harriers)
- 2014 Wollaton Park - **Herne Hill Harriers** - Grace Copeland (Wimbourne AC)
- 2015 Parliament Hill - **City of Norwich AC** - Olivia Mason (Border H)
- 2016 Donington - **Blackheath & Bromley H AC** - Nicole Ainsworth (City of Portsmouth AC)
- 2017 Wollaton Park - **Blackheath & Bromley HAC** - Maisy Luke (Cornwall AC)
- 2018 Parliament Hill - **Chiltern HAC** - Maisy Luke (Cornwall AC)
- 2019 Harewood House, Leeds - **Tonbridge AC** - Scarlet Livingstone (Exeter H)
- 2020 Wollaton Park - **Tonbridge AC** - Zoe Gilbody (Chiltern HAC)
- 2021 No Championship
- 2022 Parliament Hill - **Marshall Milton Keynes AC** - Katie Webb (Marshall Milton Keynes AC)
- 2023 Bolesworth Castle, Chester - **Aldershot Farnham & District AC**; Jorjia Ann March (Barnet & District AC)
- 2024 Weston Park, Shropshire - **Chelmsford AC** - Kara Gorman (Windsor Slough Eton & Hounslow AC)
- 2025 Parliament Hill - **Liverpool H&AC** - Mia McGoldrick (Settle H)



ECCA Website:

www.englishcrosscountry.co.uk

MIDLAND COUNTIES CROSS COUNTRY

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West Norfolk AC - Jen Gosnell - Gosnelljenny@gmail.com
West Suffolk AC - Michelle Wilson - Mich.wilson14@gmail.com
West Wight Road Runners - Mike Maliphant - wwrmsipsecretary@hotmail.com
West Worthing Runners - Carole Naunton - carolenaunton@yahoo.com
Weymouth St Pauls Harriers - Tracy Moore - tracyathomemoore@gmail.com
Wheatthampstead Warriors - Beliz McKenzie - beliz.mckenzie@googlemail.com
White Cliffs Athletics & Running Club - Lisa Coleman - lisadmj@yahoo.co.uk
White Horse Harriers - Neil McColl - neil.mccoll@outlook.com
Whitstable Road Runners - Julie Goodman - julie210@btinternet.com
Wight Tri - Arielle Elton-Walters - ariellerosa@hotmail.com
Wimbledon Windmilers - Anne Davies - secretary@windmilers.org.uk
Wimborne AC - Glyn Davies - Glynjen50@gmail.com
Winchester & District AC - Paul Cox - paulcox90@googlemail.com
Winchester Fit Club RC - Annabel Hastie - annabelhastie@yahoo.co.uk
Winchester Running Club - Cathy Kinnear - ckinnearuk@aol.com
Windle Valley Runners - Dave Roberts - therobertshome@virginmedia.com
Windrush Triathlon Club - Hamish Grant - hamish.grant@me.com
Windsor Slough Eton & Hounslow AC - Sam Smith - wseh.secretary@outlook.com
Witham RC - Angela Read - a.read-wrc@outlook.com
Witney Road Runners - Lyn Hopkins - lynhopkins2@yahoo.co.uk

Woking AC - Lisa Wazydrag - honsec@wokingac.com
Women on the Run - Rosalind Vincent - rosalind.vincent10@gmail.com
Woodbridge Shufflers RC - Suzanne Sidhu - suzi.sidhu@gmail.com
Woodford Green AC with Essex Ladies - David Hollingworth - dhollingworth61@gmail.com
Woodstock Harriers AC - Iain Claxton - iain@roboleo.com
Worthing & District Harriers - Martin Petry - martinjpetry@gmail.com
Worthing Gazelles - Josephine Izard - phinaizard@gmail.com
Worthing Striders - Kayleigh Hudson - harriskayleigh@aol.com
Wycombe Phoenix Harriers & AC - Paul Burton - clubsecretary@wycombephoenix.org
Wymondham AC - David Evans - mail@evansdp.co.uk
Yaxley Runners & Joggers - Steve Joy - yaxley.secretary@gmail.com
Yeovil Town RRC - Angela Dobbs - shar_pei@btinternet.com
Young Athletes Club - Gillian Wilder - gillian.wilder@gpw.co.uk
Zero to Hero Runners - Helen Randell - Helen-randell@hotmail.co.uk
Zoom Tri Club Bournemouth - Chris Booth - chrisbooth400@gmail.com



VIRTUAL CLUBS

CLUBS & SECRETARIES

1% Running Club - Simon Fearon - fearonsv@gmail.com
Black Trail Runners - Sabrina Pace-Humphreys - sabrinapace878@hotmail.com
Fetch Everyone - Ian Williams - ian@fetcheveryone.com
Girls That Jeff - Emma Spears - emmaspearsuk@gmail.com
Gnosall Globetrotters Running Club - Isobel Graham - isobelgraham@hotmail.com
Innovation Multisport - Emily Salmeron - emily_salmeron@hotmail.com
Lonely Goat RC - Chris Marsden - chris@lonelygoat.com
Nepal Run - Udesch Dewan - udeshdewan@gmail.com
New Levels Run Club - Jethro McGraw - jrun.mcgraw@icloud.com
Rainford Runners and Multi Sport (RRAMS) - Jillian Littler - jill_o_c@hotmail.com
RES Run Club - Luke Adams - Luke@runeatsleep.co.uk
Run Things Run Club - Hayley Topley - hayley.topley@hotmail.co.uk
Running at 40 Plus - Sally Hopkinson - sally@runningat40plus.com
Running Bear - Sally Gilliver - sfgilliver@gmail.com
The Fitness Coach AC - Steven Lambourne - slambourne21@gmail.com
The Running Hub - Naomi Avery - naomiavery90@hotmail.com
TTT Run Club - Kirsty Walker - Kirsty.marie4527@gmail.com
UKRunChat Running Club - Katherine Richards - katherinerichards@ymail.com
Vegan Runners UK - Rachel Strother - rstrother@gmail.com

ENGLISH CROSS COUNTRY ASSOCIATION CONSTITUTION

1. Title and Composition

The Association shall be called the ENGLISH CROSS COUNTRY ASSOCIATION hereinafter called the Association and shall consist of clubs and bodies affiliated to England Athletics (or its successor authority) with a declared interest in cross country running.

2. Objects

The objects of the Association shall be:

- (a) To manage, encourage and promote competition in cross country running in England;
- (b) To promote English Cross Country Championships annually.
- (c) To select and manage competitors to represent England in international cross country competition.
- (d) To exercise such powers as shall from time to time be devolved to it by the body responsible for the governance of athletics in England;
- (e) To advise UK Athletics on potential changes to Rules for Competition and to provide competitions in accordance with the agreed rules.

3. Management

The management of the Association shall be vested in a General Committee consisting of:

- (a) The Officers, consisting of the Chairman, Secretary, Assistant Secretary and Treasurer all of whom shall be ex officio on all committees and who shall normally be elected for a period of three years in rotation;
- (b) Championship Secretary
- (c) Officials Secretary
- (d) President, Past Presidents, Life Vice-Presidents and Life Members of the Association;
- (e) Two members nominated by Midland Counties AA, Northern Athletics and South of England AA (the England Areas) or such other areas as may devolve.
- (f) Members nominated by clubs and organisations affiliated to England Athletics to a maximum of eighteen, one third of which shall retire each year, any member retiring may offer themselves for re-election,
- (g) Co-opted individuals as required, appointed to achieve the necessary balance of skills and experience;
- (h) Voting members of the General Committee shall be such as are appointed or elected under 3 (a), (b), (c) (e) and (f) above;
- (i) The General Committee shall meet at least twice a year;
- (j) The General Committee shall call an Open Meeting annually.
- (k) Voting at General Committee meetings will be determined by a simple majority. Voting will be by a show of hands but members may request a closed ballot, although this must also be determined in principle by a show of hands.

4. Executive Committee

The General Committee shall appoint:

- (a) An Executive Committee empowered to deal with any matters relating to the English National Cross Country Championships, English Cross Country Relay Championships, representative teams, and any urgent matters, which may be referred to it by General Committee or which may arise in the interval between General Committee meetings.
- (b) The membership of the Executive Committee will be the Chairman, Honorary Secretary, Honorary Treasurer, Championship Secretary, Assistant Secretary, Officials Secretary plus two members nominated by each of Midland Counties AA, Northern Athletics and South of England AA.
- (c) Any other sub-committees as deemed necessary.

The Executive Committee will meet at least twice each year, and additionally as needed.

Meetings will be formally minuted, and any decisions reached will be communicated to the General Committee, either verbally at the General Committee meetings which follow, or by email to General Committee voting members within 1 week of the meeting.

General Committee voting members will raise any concerns or issues within one week of the date of the email issue, with the ECCA Officers.

5. Annual Open Meeting

The business and conduct of the Open Meeting shall be:

(a) Notice of Open Meeting

- (i) Advance notice of the Open Meeting shall be posted on the ECCA, Areas and England Athletics web sites not less than fifty-six days before the date of the meeting;
- (ii) Nominations for Officers, General Committee members and other matters to be considered shall be received by the Secretary not less than twenty-eight days prior to the meeting;
- (iii) Formal notice including an agenda, shall be posted on ECCA, Areas and England Athletics web sites not less than twenty-one days prior to the meeting.

(b) Business

- (i) To elect Officers;
- (ii) To elect members of the General Committee;
- (iii) To receive the current financial statement;
- (iv) To receive reports on the Championships held
- (v) To appoint auditors;
- (vi) To consider any proposed changes to the Constitution;
- (vii) To consider any other matter of which due notice has been given.

(c) Conduct of meeting

- (i) Each club or other body affiliated to England Athletics with a declared interest in cross country running may nominate one delegate to attend, speak and vote. Such nominations shall be on the club or body's headed paper and signed by a duly authorised person;
- (ii) Each delegate shall have one vote. In the event of an equality of votes the Chairman of the meeting shall have a casting vote;
- (iii) In the event of excess nominations being received for any position the candidates with the most votes up to the number required to fill all current vacancies shall be duly elected.
- (iv) Voting on elections at the Open meeting will be determined by a simple majority. Voting will be by a show of hands but delegates may request a closed ballot, although this must also be determined in principle by a show of hands.
- (v) Changes to the Constitution will require a two thirds majority.

6. Finance

- (a) The fund of the Association shall be vested in the name of the English Cross Country Association.
- (b) All funds shall be applied to the furtherance of the objects of the Association;
- (c) In the event of dissolution, the funds and property remaining will be devoted to other organisations whose objects are similar to the objects of the Association.

Approved 22nd May 2021

ECCA CHAMPIONSHIP CONDITIONS

Venue

1. The English National Championships shall be held in rotation, in the Areas controlled by the Midland Counties AA, South of England AA and Northern Athletics.

Date and Qualification for Entry in English National Championships

2. The Championships shall be held if possible, on Saturday in Week No 8 in each year.

3(a). Teams of first-claim members of any English cross country club or individual first-claim members of any English cross country club not entered as a team (not more than five individuals from any one club in the Senior Men's Race and not more than three in all other races) are eligible to compete for the Championships.

3(b) Entries will close for the National and Relay Championships 2 weeks and 1 day prior to the date of the competition and athletes will not be allowed to change the club for which they have been entered after the closing date. Entries received after the closing date will not be accepted.

4. All age groups may enter without having entered their Area Championships.

5. First claim athletes of clubs not entering teams in the National Cross Country Championships and / or National Cross Country Relay Championships may represent their respective University / Higher Education teams in those competitions. University / Higher Education teams will not be eligible to receive medals at

those competitions.

6. The English Champions shall be allowed to defend their title as an individual entrant.

7. The team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all of its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

8. Senior and Junior age group athletes who are registered with UKA as Foreign Athletes may represent their First Claim English club in ECCA Team Championships on condition that they can demonstrate bona fide and unbroken residence in the UK, as defined in UKA Rule G2 S5(6), and have been registered with UKA for the ECCA Relay Championships by 30th September immediately prior to the competition and for the National Championships by 31st January immediately prior to the competition.

Officials

9. Officials shall be appointed to carry out the duties described under the heading of 'Duties of Championship Officials'.

Maximum distances

10.	Under 13 Girls	3.5 kilometres	Under 13 Boys	3.5 kilometres
	Under 15 Girls	4.5 kilometres	Under 15 Boys	4.5 kilometres
	Under 17 Women	5 kilometres	Under 17 Men	6 kilometres
	Junior Women	6 kilometres	Junior Men	10 kilometres
	Senior Women	Unlimited	Senior Men	Unlimited

Entries

11. All entries must include the full name, date of birth and Club of the competitor. Upon changing surname competitors must, for one year, insert both names on all entry forms.

Disqualifications

12(a). All competitors must wear their first claim club colours. Failure to do so will lead to disqualification.

12(b). Each competitor in all ECCA Championship races must wear the transponder provided as directed by the ECCA. Failure to wear the necessary equipment as issued will result in disqualification unless unforeseen circumstances can be shown to apply in each individual case.

13. No athlete shall join a cross country race who is not qualified to compete. Athletes infringing this rule shall be liable to expulsion from any race under the jurisdiction of UK Athletics and could render their club liable to disqualification.

14. An athlete crossing the starting line before the starting signal is given shall be liable to disqualification.

Age Groups

15. Age groups for Cross Country shall be taken as at midnight 31st August/1st September at the beginning of the competition year:

*Under 13 Boys (11/12 years old).	*Under 13 Girls (11/12 years old).
Under 15 Boys (13/14 years old).	Under 15 Girls (13/14 years old).
Under 17 Men (15/16 years old).	Under 17 Women (15/16 years old).
Junior Men (17/18/19 years old).	Junior Women (17/18/19 years old).
Senior Men (over 20 years old).	Senior Women (over 20 years old).

16. A Jury of Appeal consisting of three members, one of whom will act as Chair, will be appointed for ECCA Championships. The Jury will consider and determine the outcome of all protests and appeals received on the day of competition. The decision of the Jury shall be final.

DUTIES OF CHAMPIONSHIP OFFICIALS

Event Manager.

Be responsible for the ordering, delivering to site and construction of the entire infrastructure for the championships. To be the liaison contact for the event up to competition day. But not responsible for the construction or route of the course.

Meeting Manager.

The meeting manager shall be responsible for the correct conduct of the competition. To check that all the officials have reported for their respective duties, appoint substitutes when necessary in consultation with the referee and have the authority to remove from a duty any official who is not abiding by the rules. However he/she will have no authority over technical matters which will ultimately be the responsibility of the event Referee.

Technical Delegate.

He or She is charged to undertake a watching brief over all aspects of the event, to provide a detailed report of their findings and make suggestions and recommendations to improve the event as appropriate.

ECCA Secretary.

To keep all parties informed of the current ECCA policy in respect to its championships.

To ensure that all medals are ordered and available for the first race of the day to the Presentation team.

Championship Secretary(s).

To print all information and entry forms and post to clubs. Receive entries back and log entries for computer, note cheques and bank. Print a reply letter including all final details and post back to clubs. Forward all entries to FR Systems so that athletes get a number and allocate a pen number ready for programme. Also make sure the event has a permit.

Officials Secretary.

To appoint sufficient officials for the smooth running of the championships, in line with the requirements of the ECCA Championship committee.

Referee.

Referee the Championships and settle any points of dispute submitted to him/her.

Declare the result of the races and winners of the team and individual awards and forward to the Honorary Secretary.

Instruct the Referee's assistant on help that is required.

Fill any vacancies among the officials in conjunction with the meeting manager.

Assistant Referee.

Assist the Referee and work to his/her instructions.

Clerk of the Course.

Provide suitable maps of the course prior to the event.

To be responsible for the proper marking out of the course and to assign a definite station to each Course Marshall which shall be numbered on the plan of the course.

To locate all the material for the marking of the course(s)

Ensure that the various courses are the correct distance and that the course is wide enough to handle 1500 to 2000 competitors for the National Championships or for the Relay Championships to accommodate 150 athletes.

Course Marshals Supervisor

See that the start and the approach to the finish is under proper control.

Go round during the progress of the races to ensure that all stations and points are manned. Replace barrier tape as necessary.

Course Marshals.

To supervise the area as allocated by the Chief Clerk of the Course.

Ensure that the course is strictly followed. Any infringements to be reported immediately to the Clerk of course. To remain at the allocated area until the last competitor has passed and then report to the Chief Clerk of Course at the finish area or other suitable arrangements have been made.

Starter.

Control the start of the Championships once the start has been handed over to him from the Start Area Co-ordinator. (Once the race has been handed over to the starter then all questions concerning the start shall be at the absolute discretion of the starter, whose decision shall be final).

Start Area Co-ordinator.

Liaison with the starter, allocating duties to members of the start team.

Ensuring that all athletes as far as possible are wearing their correct club running vest with their race number securely fastened with four pins and not disfigured in any way on entering the start area.

Have prepared a list of club starting pen allocation, with sufficient copies for all his/her team in both alphabetical and numerical order.

Allocate from the team one person to be in charge of a small team to oversee the athletes entering the start area via the start area tent. This to ensure as far as possible, all athletes are wearing their correct club vest, numbers are as issued and the transponder is securely fixed to the athlete.

Start Team.

Work under the direction of the Start Area Co-ordinator, ensuring that athletes, as far as possible, are in the correct starting pen and wearing his/her correct club vest and race number, and is being worn as issued.

Ensuring that all competitors are placed behind the start line.

To ensure as far as possible there is a fair start for all competitors.

Change Over Team (Relays only)

Both the Start and Finish teams in the relay Championships will combine under the Finish Area Co-ordinator to ensure the smooth change-over in the relay Championships once the race has commenced

Line Judge.

Place the runners in their order of finishing where necessary and also record the first 25 athletes home.

Chief Timekeeper.

Designate duties to the timekeepers and their recorders.

Ensure that the first 25 times (approx or as agreed) are passed to the computer operator as quickly as possible and at the conclusion of the race forward all times that have been taken during that race.

Timekeepers & Timekeepers Recorders.

Work as directed by the chief timekeeper recording as many times as is agreed.

Chief Registration.

Responsible for all aspects of the issuing of the transponder and race numbers and to sort out any problems that occur within each event. Open at 9.00am for first 5 events and then at 11.00 am open for the last 5 events.

Registration Co-ordinator.

Assist the Chief Registration and work to his/her instructions.

Registration Team.

To work under the direction of the Chief Registration official in the issuing of race numbers (which at present include a race transponder) and deal with enquiries in all aspects to individual athletes and team managers.

Finish Area Co-ordinator.

To supervise all aspects of the finish area of the course. (This includes not only the finish but the recovery of the transponders and the dispersal of the athletes).

Finish Area Team.

To work under the direction of the Finish Area Co-ordinator.

Announcers.

Provide the spectators with up to date progress of the races, announce the finishing position of the for both the individuals and team competitions. To keep the spectators up to date with all information available to them.

Radio Communications Manager.

The radio Communications Manager will be located with the Announcers. Ensure that all designated radio personnel have collected their radio and have tested it with yourself. The radio Communications Manager will have one radio and the announcers another.

Ensure that all radio personnel have the appropriate grid reference course map.

Ensure that all ECCA officials are on channel 1.

Ensure that all course Marshals are on channel 2. in liaison with the clerk of course.

Ensure that all Walkie Talkie teams are on channel 3.

In liaison with the announcers decide where the three Walkie Talkie teams are to be positioned and assist the announcers with athlete's positions whenever practicable during the course of the races.

Ensure that all First Aid (Inc Doctor) are on channel 4.

Ensure Computer to Registration are on channel 5

To keep a written record of any incident that you feel should be recorded. (Not minor radio traffic). Entries to be written in the radio communications reference book which is available from the information site reference box.

Walkie Talkie Team.

Work in pairs at the discretion of the Radio Communications Manager.

Lap Separators/Recorders.

To ensure that all athletes complete the required numbers of laps for their particular race.

Chief Drug Control Liaison.

To be the English Cross Country Association representative for the Championships.

To arrange in consultation with the Sports Council to collect the appropriate competitor.

Allocate duties to the Drug Control Liaison team.

Drug Control Team.

Work as directed by the Chief Drug Control Liaison Officer.

Work in conjunction with the Sports Council

Information Team.

To man the information area and have as much information about the event as possible and be in a position to answer if at all possible, questions from spectators.

To allocate the radios against signatures and the collection of such at the end of the days competition

To issue and retrieve against signature bibs for the press and photographers.

To collate the signatures of all spectators wishing to take photographs during the days competition.

Jury of Appeal.

To liaise with the computer operators if required and verify the results as produced by them so that they reflect the result obtained from the recording cards and the technology used in producing the final result. To pass same to the race Referee for verification and release. Resolve any other disputes if there is an appeal after the referee has made his final decision.

Officials Reception Team.

Issue the Officials with their envelopes containing their instructions, event programme and other information as agreed. Report any deficiencies to the meeting manager and/or race referrer.

Finance Issues.

The ECCA Treasure will be responsible for all financial issues and will nominate such a team as required.

The ECCA Treasurer will be responsible for informing all previous trophy winners to return the trophy(s) that they won at the previous championships in a clean condition suitable for presentation and fully engraved state.

Chief Presentation Official.

Being responsible for seeing that all the trophies are returned on the day against signature prior to the start of the first race of the day. To ensure that all trophies presented are signed for.

To ensure that all medals are available from the ECCA secretary.

Any trophies which are considered to need some attention due to the state that they are in should be brought to the attention of the ECCA Treasurer.

Presentation Team.

To work as a team as directed by the Chief Presentation official.

Results.

Currently a commercial company producing the results as agreed by contract.

Results Team.

To work as a team gathering the results from the computer station and forwarding them to the Chief Presentation Official. Circulate to any Press staff that are present.

Track down any queries as raised by the result provider.

Arrange distribution of result sheets to the various distribution locations.

Reception Team.

Receive and entertain official guests of the English Cross Country Association during the course of the championships.

Role of Cross Country Marshals

People who volunteer to marshal on Cross Country Courses are very important to an Events's success. Traditionally a Marshal's main functions were to direct competitors and act as the Referee's eyes and ears on the course. But now we expect so much more of them to ensure the success of cross contry meetings. Many of our competitions take place in public areas. By definition these areas are enjoyed by people engaged in a variety of activities that can lead to conflicts with our events.

Operating in public areas comes with the responsibility to meet the demands and expectations of land managers, the general public, spectators and competitors with regard to the law, health, safety and welfare. How we manage these events and interact with the public will determine their perception and support for our sport.

In an increasingly litigious society, it is Marshals who keep the organisers of cross country events out of court by demonstrating that events are well managed, safe and are mindful of the needs of other public space users.

In the unlikely event of going to Court a Coroner will never be interested in competitor's times or places, but will always require explanations of how competitors and the public were directed and medical assistance was summoned.

In addition to their competition duties, today's Marshals:

- ensure public safety and convenience.
- act as first responders to medical and other incidents.
- liaise with emergency services.
- assist competitors and spectators previewing the courses.
- become our 'shop window' to the public and
- communicate with static Officials and Commentators.

To support the Marshals at major events, Organisers now provide:

- High Visibility tabards or jackets.
- refreshments.
- radio or telephone contacts and
- and can issue a Marshal's pack containing
 - o maps.
 - o programmes.
 - o duty lists
 - o emergency actions and radio protocols and
 - o immediate contact arrangements with the Chief Marshal and other key Officials.

With our public venues coming under growing pressure from other users and the expectation and standards of medical support, health, safety, and welfare constantly rising; the need for well-trained Marshals is increasing.

To attract and keep the right calibre of Marshal, maybe it is now time to have them classified with their own 'Official' status. Together with a training programme to ensure their progression and a recognition of their contribution to successful events.

Martin Holland

Parliament Hill, Clerk of Course.



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ENGLISH CROSS COUNTRY ASSOCIATION

English National Cross Country Relays 2025

Berry Hill Park, Mansfield, NG18 4JR, on Saturday 1st November 2025 at 10:45am

Please NOTE that ALL entries to be done Online: www.race-results.co.uk/natxcrel25e

10.45am	Junior Women (3x2.5K)	Ages 17-18-19 on 31st August 2025
10.57am	Under 17 Women (3x2.5K)	Ages 15 & 16 years on 31st August 2025
11.26am	Under 13 Boys (3x2K)	Ages 11 & 12 years on 31st August 2025
11.50pm	Under 13 Girls (3x2K)	Ages 11 & 12 years on 31st August 2025
12.15pm	Junior Men (3x3k)	Ages 17-18-19 on 31st August 2025
12.40pm	Under 17 Men (3x3K)	Ages 15 & 16 years on 31st August 2025
1.06pm	Under 15 Girls (3x2K)	Ages 13 & 14 years on 31st August 2025
1.30pm	Under 15 Boys (3x2K)	Ages 13 & 14 years on 31st August 2025
1.50pm	Senior Women (3x3K)	Age must exceed 20 years on 31st August 2025
2.40pm	Senior Men (4x5K)	Age must exceed 20 years on 31st August 2025

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1. Clubs can nominate 12 names per Senior Men's team and 9 for all other teams entered.
i.e. Max of 36 names for 3 Teams entered in Senior Men and 27 for 3 Teams entered in all other age groups
 2. Entries must all be done online.
 3. The entry fee is £60 for senior men's relay (team of 4) and £45 for all other relays (team of 3)
 4. UKA Rules for Competition apply.
 5. As the closing date for entries is now just two weeks before the date of competition, athletes cannot change their designated first claim club after entries have been made
 6. Clubs may enter Foreign Athletes **BUT ALL must** be Bona Fide and Permanent Residents in the UK and registered as Foreign Athletes with UKA by 30th September 2025
 7. University/Higher Education teams may enter but can only include 1st Claim members of open clubs that are NOT entering teams in an age group themselves, University/Higher Education teams will NOT be eligible for any awards.
 8. A few days before the event, Team Managers will be sent a link to declare their runners online. This link can be used to start and edit declarations up until midnight on the Friday before the event. Any changes or declarations can be made on the event site on the day of the event (up to 30 minutes before each race) in the Registration marquee on laptops provided by FR Systems.
 9. Race information will be sent by email after the closing date.
 10. Only names entered can compete, no substitutions are allowed, all athletes **MUST** be registered with England Athletics
 11. Closing date for entries is **Friday 17th October 2025**.

Enquiries to: Paul Gooding. email: paulgooding1962@gmail.com

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www.englishcrosscountry.co.uk