ENGLAND ATHLETICS

English Cross Country Association
(Reconstituted 1992)

HANDBOOK
2026-2027

Controlling Cross Country Running in England under
UK Athletics Rules





Issued September 2026

ENGLISH CROSS COUNTRY ASSOCIATION
GENERAL COMMITTEE 2026-2027

President: Bill Nock

Chairman: Arwel Williams, williamsarwel9@gmail.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	*Midland*	*South*
Arwel Williams	Mick Robinson	Martin Holland
Steve Gaines	Pat Carlan	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
1949	Harry PT Phipps*	BTH (Rugby) Recreation Club
1950	H Parks*	Belgrave H
1951	John C Kennedy*	North Shield Poly AC
1952	Geoffrey Austin*	Birchfield H
1953	Jack G Stubbs*	South London H
1954	Fred Ireland*	Winton Harriers AC
1955	Les E Edwards*	Cambridge & Coleridge AC
1956	S Arthur Wright*	West Bromwich H
1957	George WS Tolley*	Epsom & Ewell H
1958	Walter Pearson*	Leeds AC
1959	H Payne*	Cambridge City AC
1960	Tom Hunt*	Derby AC
1961	Les J Cohen*	Eton Manor AC
1962	AE Parry*	Manchester YMCA
1963	CJ Walton*	Lincoln Wellington AC
1964	Cedric Angove*	B T H Rugby
1965	GH Cooper*	Enfield H
1966	C Syd Garner*	Rotherham H & AC
1967	Cyril H Comber*	Diss AC
1968	Jack Hartley*	Coventry Godiva H
1969	Ted H Sutters*	Ealing & Southall AC
1970	Bill Raybould*	Hallamshire H
1971	HG 'Mac' McDougal*	Luton United AC
1972	Frank Cull*	Warley AC
1973	Ken EG Arbury*	Borough of Enfield AC
1974	J Stan Lubbock*	Sefton Harriers
1975	George Woodham*	Luton United AC
1976	Harry B Lapworth*	Coventry Godiva H
1977	Charles J Harrison*	Shaftesbury H
1978	Jack E Davies*	Manchester H & AC
1979	George LN Dunn*	Cambridge & Coleridge AC
1980	George G White*	Leicester & Rutland AC
1981	Cyril J Parr*	Reading AC
1982	Eddie L Hardy*	Skyrac AC
1983	Arthur D Maddy*	Bedfordshire & County AC
1984	Ken G Dare*	Solihull & Small Heath AC
1985	Les Golding*	Eton Manor AC
1986	Matt Frazer*	Darlington AC
1987	Denis R Saunders*	SKF AC
1988	David R Denton	Newark AC
1989	Alan J Brent*	Blackheath H
1990	Joe W Percy*	Longwood HAC
1991	Barry J Wallman*	Cambridge & Coleridge AC
1992	Ken Rickhuss*	Newark AC
1993	Harry J Hicks*	Hampstead H
1994	Mrs Vera Duerdin*	Bury AC
1995	Les Clinch*	SKF AC
1996	Graham Heeley	Sparkhill H
1997	Graham Brown	Verlea AC
1998	John Bradshaw	Liverpool Pembroke AC
1999	Mrs Mary Gash*	Notts AC
2000	Eric Nash*	Cambridge H
2001	George E Ogle*	Tynedale HAC
2002	Cliff B Franks*	Cheltenham & County H
2003	Joe Mower	Ipswich H
2004	John Temperton	Bradford Airedale AC
2005	Bill Adcocks	Coventry Godiva H
2006	Derek Adams	Highgate H
2007	Leo Carroll*	Wirral AC
2008	Mick Robinson	Notts AC
2009	Mrs Maureen Bonanno-Smith*	Highgate H
2010	Brian Heywood	Holmfirth H
2011	Tony I Phillips	Tipton H
2012	Martin Howard	Highgate H
2013	Mrs Pat Green*	Liverpool HAC
2014	Pat Carlan	Mansfield AC
2015	Ian S Byett	Basingstoke & Mid Hants AC
2016	Bill McGuirk	Wallsend AC
2017	Basil Heatley*	Coventry Godiva H
2018	Richard Inchley	Leighton Buzzard AC
2019	Kevin Carr*	Sunderland AC
2020	Mrs Rita Brownlie	Bromsgrove & Redditch AC
2021	Chris Stott	Barnet & District AC
2022	Chris Stott	Barnet & District AC
2023	Ron Needham	Rodillian Runners
2024	Mrs Carolyn Franks	Cheltenham & County H
2025	Martin Holland	Highgate H
2026	Steve Gaines	Rotherham H&AC
2027	Bill Nock	Halesowen AC

LIFE MEMBERS

Mrs Rita Brownlie	Paul Maskell	Frank Newton OBE
Mrs Jenny Newton	John Shiels	Mrs Jean Simpson MBE
Bryan Smith	Mrs Joyce Smith MBE	

* Deceased

PRESIDENT'S FOREWORD



My first 'National' was as a nine-year-old spectator. I picked a good one – the infamous 1972 Sutton Park race where the weather changed from reasonable to very unreasonable (and quickly) with sleet then snow. Most runners had started wearing singlets. Despite the privations endured as an onlooking child (along with everyone else), it was such an exciting time. My older brother Andrew was competing in the Youth's race and I was already looking forward to working my way up through the age groups to culminate in 'the big one'. By time I had a few senior Nationals under my belt, another thrilling competition had appeared – the peerless National Cross Country Relays at Berry Hill Park. What a course! Fast, short-cropped grass with flowing corners for one half then mud, tree roots and sharp turns for the other half. And two laps per leg, resulting in some catastrophic burn-outs on lap two for those hapless victims who were drawn in by the fast grass on lap one. Great racing – happy days.

Running started for me as a seven-year-old with Halesowen A & CC in early 1971, following in my brother's footsteps. In turn, he had been encouraged to join the club, along with others from the Grammar School, by a PE Master with great foresight. (We need these people more than ever, now). He was a former Welsh rugby international with infectious enthusiasm. Unfortunately, I soon discovered that running was an unforgiving sport and my complete lack of athletic talent saw me finish last in every race for at least the first year. The idea of 'giving-up' became quite appealing but knowing that this would upset Mum, after the sacrifices that she had made, I stuck at it. Which is when I discovered that I did have a talent (a painful one) – the capacity to push myself to extremes, which, over time, enabled me to compete with superior athletes who were a little more sensible about what they were prepared to endure for the sake of one more place in a race. I'm guessing that they hadn't finished last as often as I had.

Many decades and 1572 races later, on a pleasant June day, I'm on a train heading for Nottingham. By 11.45 am, I have around my neck the chain of the President of the English Cross Country Association for the 2026 / 2027 season. The scale of this honour and what it means to me my club is taking a while to sink in. There has been such a sense of excitement at Halesowen.

The depth of experience (organisational and athletically) of the ECCA committee left me feeling a little inadequate. And what was evident was the vast complexity of staging an event at national level; and this can only be executed by a large, cohesive team formed of dedicated and skilful people ready to take on responsibility. This is not territory for an individual approach. I came away from these meetings feeling uplifted (and humbled) and optimistic for the future of cross-country racing. With falling numbers, the drive to reverse the decline has seen a steady 'tweaking' of the format to broaden the appeal through steady evolution. The success of park runs, running groups and Strava seems to have weakened the foundations of Saturday afternoon racing; the reversal needs to come from within clubs – to encourage their members to support cross-country at all levels, so that future generations have the opportunity to derive the same sense of satisfaction that I and thousands of others have had from competing in, surely, the World's greatest club cross-country races – the English National Cross-Country Championships and the English National Cross-Country Relays. Onwards to another rewarding season.

Bill Nock
President English Cross Country Association 2026- 2027

ENGLISH CROSS COUNTRY ASSOCIATION
REPORT 2025-2026

As we approach the 2026 – 2027 Cross Country season the ECCA is preparing to implement the changes to Young Athlete age groups that significantly affect Endurance disciplines. The changes will come into force for the 2026 Relay Championships when we will see Under 14, 16, 18 and 20 age groups. The original proposals indicated that the Under 20 age group would be reduced from a three year cohort to 16 months but fortunately it is now a two year group. The Relay Championship distances will remain the same as applied to Under 13, 15, 17 and Juniors. One change will be made to the distances for the National – Under 20 Men will run 8kms and not 10 kms.

Mansfield again proved to be a popular venue for the Relay championships with the usual excellent support from Mansfield H&AC and their hard-working members led by Pat Carlan. Developments in Berry Hill Park again meant that changes to the course were necessary, particularly in the woodland. For the third year vehicle access to the park was limited and offsite parking and shuttle buses were provided but a minority decided to park on the streets close to the park which created tensions with residents.

The National was staged at one of our most northerly outposts in Sedgefield, County Durham. As is often the case when we travel North, the number of entries was significantly lower than the average but that did not detract from an excellent days competition over a challenging and open course that was managed by Chris Lines and large numbers of Sedgefield Harriers members and supported by Northern Athletics. Offsite parking was necessary with three car parks in walking distance of the course and a fourth served by a shuttle bus service. Thanks are owed to athletes and spectators for their understanding of the complications of promoting big events and their continued support for ECCA championships.

The partnerships with SPORTSSHOES.COM is progressing positively, especially on the presentation of the events. In addition to a screen with full commentary linked to the 24/7 broadcast, they have added race commentators to our team. Their management team have proved to be knowledgeable and supportive at all times.

Our Team Managers Sue Lamb, Jo Newcombe, Keith Holt and Eamonn Martin took teams to three European and one UK event, continuing the policy of encouraging development and experiences of athletes. These were Roeselare and Hannut in Belgium and Elgoibar in Spain. Team selection and management isn't always a straightforward matter and we appreciate their work and the support created for athletes.

The ECCA continues to operate efficiently and in a professional manner as a consequence of the commitment of a team of volunteer officers led by Eamonn Martin as Hon Secretary and Richard Inchley as Hon Treasurer. They are supported by Paul Gooding, Championship Secretary who has completed his first full year in the role, Graham Heeley managing Officials' appointments and communications, Peta Bee who keeps social media channels updated, Jean Simpson who records meeting decisions as Minutes Secretary. Steve Gaines as President enjoyed an eventful year as figurehead, particularly as main organiser of the Sedgefield 'National'. Finally I acknowledge the tremendous support we receive from clubs, individuals and other groups without whom we wouldn't be able to promote successful and popular championships.

Some time ago I announced that I would not be standing for re-election as ECCA Chairman for a further three year period. The decision was confirmed at the 2026 AOM and I look back at a time when first appointed when we were still recording finishers manually, rather than using chip timing, and the ECCA didn't have a website or use social media channels. I have been fortunate to work with enthusiastic and able people who give their time freely in support of cross country running and runners. My enthusiasm for the sport will continue but now is the right time for others to take over and move the ECCA on. My first 'National' was 1965 at Parliament Hill and I have been at all of the Men's and Mixed championships since then either as a runner, team selector, official or officer. I look forward to being able to continue that 'run' as my family know that the 'National' takes precedence over all other activities.

John Temperton - June 2026

CHAMPIONSHIP MEDALLISTS 2025 - 2026

National Relays: Berry Hill Park, Mansfield – 1st November 2025

Results:

Under 13 Girls (3x2K): 1 Brentwood Beagles AC; 2 Warriors Pent & AC; 3 Bingley H & AC
Under 15 Girls (3x2K): 1 Windsor Slough Eton & Hounslow AC; 2 Chelmsford AC; 3 Hallamshire H Sheffield
Under 17 Women (3x2.5K): 1 Aldershot, Farnham & Dist AC; 2 Lincoln Wellington AC 3 Chelmsford AC
Junior Women (3x2.5K): 1 Salford H; 2 Univ of Birmingham AC; 3 Loughborough Students AC; 4 Vale Royal AC; 5 Windsor Slough Eton & Hounslow AC
Senior Women (3x3K): 1 Belgrave H; 2 Herne Hill H; 3 Blackheath & Bromley AC

Under 13 Boys (3x2K): 1 Shaftesbury Barnet H; 2 Chelmsford AC; 3 Reading AC
Under 15 Boys (3x2K): 1 Bracknell AC; 2 Bedford & County AC; 3 Cambridge & Coleridge AC
Under 17 Men (3x3K): 1 Blackheath & Bromley AC; 2 Tonbridge AC; 3 Cambridge & Coleridge AC
Junior Men (3x3K): 1 Aldershot, Farnham & Dist AC; 2 Blackburn H&AC; 3 Invicta East Kent AC
Senior Men (4x5K): 1 Tonbridge AC; 2 Shaftesbury Barnet H; 3 Cambridge & Coleridge AC

National Championships: Sedgefield 21st February 2026

Under 13 Girls: 1 Madison Kindler (Brentwood Beagles AC); 2 Roni Kohring (Warriors Pent & AC); 3 Sienna Lavine (Pontefract AC)
Teams: 1 Aldershot, Farnham & Dist AC 79 pts; 2 Bingley H&AC 84 pts; 3 Brentwood Beagles AC 87 pts
Under 15 Girls: 1 Gabrielle Pinder (New Marske H); 2 Poppy Guest (Aldershot, Farnham & Dist AC); 3 Isabella Buchanan (HY AC)
Teams: 1 Windsor Slough Eton & Hounslow AC 59 pts; 2 Aldershot, Farnham & Dist AC 104 pts; 3 Sale H Manchester 139 pts
Under 17 Women: 1 Sonny Allen (Highgate H); 2 Kitty Scott (Aldershot, Farnham & Dist AC); 3 Isabella Tutt (Wakefield Dist AC)
Teams: 1 Aldershot, Farnham & Dist AC 41 pts; 2 Rotherham H&AC 50 pts; 3 Chelmsford AC 91 pts
Junior Women: 1 Rebecca Flaherty (Bingley H&AC); 2 Maisey Bellwood (Keighley & Craven AC); 3 Ava James (Brighton & Hove AC)
Teams: 1 Salford H 49 pts; 2 Brighton & Hove AC 72 pts; 3 Victoria Park H & Tower Hamlets AC 76 pts
Senior Women: 1 Lucy Jones (Herne Hill H); 2 Amelia Quirk (Bracknell AC); 3 Milly Smith (Herne Hill H)
Teams: 1 Herne Hill H 68 pts; 2 Aldershot, Farnham & Dist AC 79 pts; 3 Leeds City AC 85 pts

Under 13 Boys: 1 Luis Da Silva (Thames Valley H); 2 Gus Fisher (Macclesfield H&AC); 3 Joseph Preston (Keighley & Craven AC)
Teams: 1 Herne Hill H 103 pts; 2 Blackheath & Bromley AC 169 pts; 3 Chelmsford AC 201 pts
Under 15 Boys: 1 Theo Creed (Hercules Wimbledon AC); 2 Leo Blyton (Bicester AC); 3 Taylor Thom-Watts (Brighton & Hove AC)
Teams: 1 Hercules Wimbledon AC 97 pts; 2 Brighton & Hove AC 171 pts; 3 Windsor Slough Eton & Hounslow AC 208 pts
Under 17 Men: 1 Rory Barclay-Watt (Exeter H); 2 Ben Allen (Cannock & Stafford AC); 3 Joseph Scanes (Blackheath & Bromley AC)
Teams: 1 Blackheath & Bromley AC.80 pts; 2 Trafford AC 104 pts; 3 Herne Hill H 118 pts
Junior Men: 1 Biruk Aduna Kebede (Clayton le Moors H); 2 Matthew Pickering (Aldershot, Farnham & Dist AC); 3 Cosmo Benyan (Cambridge & Coleridge AC)
Teams: 1 Aldershot, Farnham & Dist AC 47 pts; 2 Tonbridge AC 84 pts; 3 Cambridge & Coleridge AC 128 pts
Senior Men: 1 Hugo Milner (Derby AC); 2 James Kingston (Tonbridge AC); 3 Richard Slade (Chiltern H&AC);
Teams: 1 Tonbridge AC 124 pts; 2 Bristol & West AC 159 pts; 3 Salford H 253 pts

CHAMPIONSHIP TROPHY WINNERS 2026

National CC Championships

Frank Wynne Cup for winning Senior Men's team: **Tonbridge AC**
Chesham Cup for winning individual Senior Man: **Hugo Milner (Derby AC)**
Charles Otway Memorial Cup for Senior Men 9 to score excluding first three teams: **Bristol & West 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: **Tonbridge AC**
Frank Christmas Memorial Trophy for leading North of England Senior Men's team: **Salford H**
Michelin Minor Club Trophy for leading Senior Men's team not in first thirty during last five years: **Newark 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: **Aldershot Farnham & Dist AC**
Arbiter Trophy for winning individual Junior Man: **Birek Aduna Kebede (Clayton le Moors H)**
Andy Gibb Trophy for leading South of England Junior Men's team: **Aldershot Farnham & Dist AC**
The J S Lubbock Memorial Trophy for leading North of England Junior Men's team: **Trafford AC**
Sheffield Challenge Trophy for winning Under 17 Men's team: **Blackheath & Bromley HAC**
J A Wagstaff Trophy for winning individual Under 17 Man: **Rory Barclay-Watt (Exeter H)**
Alf Cannon Memorial Trophy for leading Midland Under 17 Men's team: **North Somerset AC**
Jack Crump Memorial Trophy for leading South of England Under 17 Men's team: **Blackheath & Bromley HAC**
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: **Theo Creed (Hercules Wimbledon AC)**
Dr Frank Newton Trophy for winning Under 15 Boys' team: **Hercules Wimbledon AC**
Saucony Individual Trophy for winning individual Under 13 Boy: **Luis Da Silva (Thames Valley H)**
The AF & D Shield for the winning Under 13 Boys' team: **Herne Hill H**

George French Shield for winning Senior Women's team: **Herne Hill H**
William Bartlett Trophy for winning individual Senior Woman: **Lucy Jones (Herne Hill H)**
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: **Salford H**
The Goodwill Trophy for winning individual Junior Woman: **Rebecca Flaherty (Bingley H&AC)**
The Margaret Meikle Cup for the leading North of England Junior Women's team: **Salford H**
The Tom Heeley Cup for winning Under 17 Women's team: **Aldershot Farnham & Dist AC**
The WCC&RRA Trophy for winning individual Under 17 Woman: **Sony Allen (Highgate H)**
The Norman Waterson Memorial Trophy for the leading North of England Under 17 Women's team: **Rotherham H&AC**
The Vera Duerdin Memorial Cup for winning Under 15 Girls team: **Windsor Slough Eton & Hounslow AC**
WCC&RRA Trophy for winning individual Under 15 Girl: **Gabrielle Pinder (New Marske H)**
President's Trophy for winning Under 13 Girls team: **Aldershot Farnham & Dist AC**
The Secretary's Trophy for winning individual Under 13 Girl: **Madison Kindler (Brentwood Beagles AC)**
Nelson Neal Trophy for the leading Women's overall team: **Not awarded**

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** - P H Stenning (Thames Hare & Hounds)

1881 Roehampton - **Moseley H** - G A Dunning (Clapton Beagles)

1882 Roehampton - **Moseley H** - W G George (Mose-ey H)

1883 Roehampton - **Moseley H** - G A Dunning (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 - **Salford 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 Shrubb (South London H)

1902 Lingfield - **Highgate H** - A Shrubb (South London H)

1903 Haydock - **Birchfield H** - A Shrubb (South London H)

1904 Wolverhampton - **Highgate H** - A Shrubb (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 (Birch-field 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)
2026 Sedgefield - **Tonbridge AC** - Hugo Milner (Derby 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 Ovett (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)
2026 Sedgefield - **Aldershot, Farnham & Dist AC -** Biruk Aduna Kebede (Clayton le Moors H)

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 Mileson (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 (Shaftsbury 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 Barnicoat (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)
2026 Sedgefield - **Blackheath & Bromley AC** - Rory Barclay-Watt (Exeter H)

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 - **Shaftsbury 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)
2026 Sedgefield - **Hercules Wimbledon AC** - Theo Creed (Hercules Wimbledon 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 (Middlesborough 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)
2026 Sedgefield - **Herne Hill H** - Luis Da Silva (Thames Valley H)

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, Lancs - **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)
2026 Sedgefield - **Herne Hill H** - Lucy Jones (Herne Hill H)

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)
2026 Sedgefield - **Salford H** - Rebecca Flaherty (Bingley H&AC)

UNDER 17 WOMEN
1967 Blackburn - **Rochdale H** - P Lowis (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)
2026 Sedgefield - **Aldershot, Farnham & Dist AC** - Sonny Allen (Highgate H)

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 & Dist-rict 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 & Dist AC** - B Owen (Scarborough AC)
2012 Parliament Hill - **Aldershot Farnham & Dist 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 & Dist AC** - Gabrielle Pinder (New Marske H)
2026 Sedgefield - Windsor Slough Eton & Hounslow 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 (Pitreavie AC)
1973 Rawtenstall - **Pitreavie AC** - F McKenzie (Pitreavie 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 Gleed (Wycombe Phoenix)
1980 Rugeley - **Exeter H** - T Gleed (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)
2026 Sedgefield - Aldershot, Farnham & Dist AC - Madison Kindler (Brentwood Beagles AC)

ENGLISH CROSS COUNTRY ASSOCIATION

ECCA Website:
www.englishcrosscountry.co.uk

MIDLAND COUNTIES CROSS COUNTRY

President: Noel Butler
Chairman: Mick Robinson
Secretary: Bill Nock C/O MCAA, Suite F, Radclyffe House,
66-68 Hagley Road, Edgbaston, Birmingham B16 8PF Email: billnock63@gmail.com
Treasurer: S Barnes
Officials' Secretary: Graham Heeley
Team Manager (Men): Andy Bentley
Team Manager (Women): Claire Martin
Executive Committee: Stewart Barnes, Graham Heeley, Claire Martin, Mick Robinson, Mary Hodges, Pat Carlan, Carolyn Franks, John Skevington, Noel McKakly, Andy Bentley.
Ex-officio Officers MCAA: President, Chairman and Secretary
Past Presidents: D R Denton, P Carlan, E J Skidmore, M. Robinson, A.I. Phillips, S. Harris, W. Adcocks, G. Heeley, Mrs R Brownlie, Mrs C Franks, Bill Nock, Andy Nock, Terry Alcock.
Website: www.midlandathletics.org.uk **Office contact:** finance@mcaa.org.uk

CLUBS & SECRETARIES

1485 Triathlon Club - David Lawrie - David@screenmatic.co.uk
4Life Triathlon Club - India Shaw - indiasmshaw14@gmail.com
Aldridge RC - Christopher Sprules - chris.sprules61@gmail.com
Almost Athletes - Kevin Beamish - almostathletes@hotmail.com
Amazing Feet Running Club - Sally Dunn - sallydunn777@gmail.com
Angels RC - Teresa Bennett - teresabennett@hotmail.co.uk
Avon Tempo - Katie Vooght - katie@vooght.co.uk
Badgers - Paul Cooper - paulwcooper@icloud.com
Barnt Green Chuggers - Richard Dugdale - rdugdale@btinternet.com
Barrow Runners - Liam King - liamking81@gmail.com
Beaumont RC - Mehul Vaitha - secretary@beaumontrc.co.uk
Beeston AC - Christine Bexton - Christinembexton@gmail.com
Birchfield Harriers - Keith Holt - keith_holt1@sky.com
Birmingham Running Athletics & Triathlon Club (BRAT) - Richard Carney - richard.e.carney@btinternet.com
Birmingham Swifts - Gabriel Stirling - gabrielstirling@hotmail.co.uk
Birstall RC - Deryk Woods - derykwoods643@btinternet.com
Black Pear Joggers - Lorraine Griffiths - lwlollipop@aol.com
Blythe Bridge Running Club - Roger smith - rogersmith3254@gmail.com
Bournville Harriers - Paula Pitcher - Johnandpaula@blueyonder.co.uk
Bourton Roadrunners Club - Claire Cox - cotswoldclaire@gmail.com
Brackley and District RC - Christie Lines - christierobertson86@gmail.com
Bristol and West AC - Junayd Perryman - junaydperryman@icloud.com
Bromsgrove and Redditch - Leonard Quartly - secretarybrac@hotmail.com
Broseley Joggers - Lee Bowden - leebowden@hotmail.com
Burton AC - Jenna Galiszewski - jwinson7@gmail.com
Cannock & Stafford AC - Karen Moody - kazmoody@yahoo.co.uk
Centurion RC - Steven Brough - sbrough57@googlemail.com
Charnwood A C - Mark Couldwell - mcouldwell@virginmedia.com
Chase Harriers - Elizabeth Rees-Gilbert - elizabethreesgilbert@gmail.com
Cheadle RC - Julie Dudley - jadudley112@gmail.com
Cheltenham and County Harriers - Martin Foster - joannefoster2@sky.com
Chew Valley Snails - Linda Nixon - linda63.nixon@gmail.com
Cirencester AC - Richard Allen - dickieallen@hotmail.com
City of Birmingham Striders - James Powis - jmpowis@hotmail.com
City of Stoke AC - Nichola Hepworth - secretary@stokeac.co.uk
CLC Striders - Matt Ashman - m.ashman@outlook.com
Clevedon AC - Sally Richards - sallysdennis@aol.com
Coalville Triathlon Club - Kevin Borley - kborley@ntlworld.com

Cobra Running & Triathlon Club - Jacqueline Payne - jacquelinepayne2013@yahoo.co.uk
Corby AC - Club Secretary - info@corbyac.co.uk
Coventry Godiva Harriers - Nick Bennett - nbennett@grundfos.com
Coventry Triathletes - Juliet Halfhead - juleshalfhead@hotmail.com
Croft Ambrey RC - Suzanne Powell - suzannejp22@gmail.com
Daventry AAC - Barry Fenn - barrymfenn@aol.com
Desborough & Rothwell Running Club - Deborah McKay - debi.mckay@hotmail.com
Desford Striders - Louise Shearsby - dsrcclubsecretary@gmail.com
Diamond Runners - Robert Churcher-Upton - diamondrunners@outlook.com
Donnington Runners - Paula Johnston - secretary.DRC@outlook.com
Droitwich AC - Jill Walker - jill-walker@hotmail.co.uk
Dudley and Stourbridge Harriers - Liz Hinds - izziebuff@aol.com
Dudley Kingswinford RC - Michelle Marney - shellsgreys@hotmail.co.uk
Dursley Running Club - Anna Jameson - jamesonal@hotmail.com
Emersons Green Running Club - Debra Parsons - debramparsons03@gmail.com
Erewash Valley RC - Shirley Starr - shirlstarr@hotmail.com
Essington Harriers Running Club - David Badger - badger.d@sky.com
Evesham Vale Running Club - Kinga Nawrocka - nawrocka.kk@gmail.com
Evesham Vale Triathletes - Kevin Webley - kevin@ford-consultancy.com
Forest of Dean AC - James Nelmes - james.nelmes1994@yahoo.co.uk
Formula One Circuit Crew - Catherine Millet - cmillet01@gmail.com
Gator Athletics Club - Scott Dundas - scott_dundas_11@hotmail.com
Gloucester AC - Aaron Bennett - aaron.bennett@outlook.com
Great Western Runners - John Cox - johnacox1988@gmail.com
Halesowen ACC - Heather Bills - Heather.bills1@gmail.com
Harborough AC - Howard Crabtree - howard@harboroughac.co.uk
Hatton Darts - Peter Stevens - petestevens00@gmail.com
Hereford & County AC - Marc Flannery - wendyandmarc1@gmail.com
Hereford Couriers Running Club - Rachel Smith - raychysmith@hotmail.com
Hereford Triathlon Club - Marion Mogg - marion_300@yahoo.co.uk
Hermitage Harriers - Danielle Dawson - danielledawson341@gmail.com
Higham Harriers - DAN DOHERTY - dan@acornlofts.com
Hinckley Running Club - jo robertson - jorobertson72@hotmail.co.uk
Hogweed Trotters - Julie Boynes - hogweedsecretary@gmail.com
Holme Pierrepont RC - Tracy Hill - Hilltracy70@googlemail.com
Human Energy AC - Elliot Nolson - mrnolson@sky.com
Huncote Harriers - Nicola Nealon - nnealon@btinternet.com
Ivanhoe Runners - Amelia Monaghan - bstfitness1989@hotmail.com
Kenilworth Runners - Neill Butler - neillmbutler@gmail.com
Kettering Town Harriers - Nicola Robinson - kthclubsec@gmail.com
Kidderminster and Stourport - Martin Williams - martin.helna@yahoo.co.uk
Kimberley & District Striders - Nick Tennant - Secretary.kads@gmail.com
Kingfisher Harriers - Richard Ellis - richard_ellis@btinternet.com
Kings Heath RC - The Lions - Sian Child - alycat_2001_uk@hotmail.com
Knowle & Dorridge RC - Sallyanne Sheppey - sallyanne.sheppey@gmail.com
Lawley Running Club - Paula Johnston - secretary.DRC@outlook.com
Leamington Athletics Academy - Rachel Berney - info@leamingtonathletics.co.uk
Leamington Cycling and Athletics Club - Steve Raven - membership@leamingtoncac.org.uk
Leicester Coritanian AC - Stephanie Magee - stephaniemagee@sky.com
Leicester Triathlon Club - Helen Atton - helenatton@gmx.co.uk
Lichfield Running Club - Dave Sanders - david.c.sanders@outlook.com
Long Eaton Running Club - Peter Edmonds - peteredmonds@sky.com
Loughborough Students AC - Emma Wiltshire - E.Wiltshire@lboro.ac.uk
Ludlow Runners - Leah Williams - leahpink@hotmail.co.uk
Lutterworth Harriers Running Club - Sally Toon - sally@dmlink.co.uk
Malvern Buzzards Running Club - Sarah Fowkes - sarah.fowkes1@btopenworld.com
Malvern Joggers - Neil Griffiths - clubsecretary@malvernjoggers.co.uk
Mansfield Harriers - Richard Massey - richardmassey61@gmail.com
Market Drayton RC - Eleanor Dawson - ellied1010@gmail.com

Massey Ferguson RC - Alison Lowe - 2alison.lowe@gmail.com
Michelin Running Club - Kenny Johnson - kenny.jay@hotmail.co.uk
Midland Masters AC - Jill Lamb - jillchlamb@aol.com
Mow Cop Runners - Andrew Addis - andrew.addis@lineone.net
Newark AC - Jemma Mankin - jemmamankin@aol.com
Newark Striders Running Club - Nigel Driscoll - nige.driscoll48@sky.com
Newcastle (Staffs) Tri Club - John Braithwaite - john-braithwaite@hotmail.co.uk
Newcastle Staffs AC - Kerry Taylor - kjparki85@gmail.com
Newent Runners - Helen Kelly - helenkelly116@gmail.com
Newport and District RC - Annabel Bolton - annabelwrx@googlemail.com
North Somerset AC - Angela Kell - angelackell@gmail.com
North Staffs RR Association - Kerry Widdowson - Kerrywiddowson@yahoo.co.uk
Northampton AC - Kaltoum Sektani - secretary@northamptonathleticclub.com
Northampton Road Runners - Andrew Rosewell - andrewrosewell@hotmail.co.uk
Northants Police Athletic Section - Madeleine Moutrie - madeleine.moutrie@btinternet.com
Northants Tri - Peter DeBoo - pcdeboo@gmail.com
Northbrook Athletic Club - Mark Baker - mark1baker@btinternet.com
Notfast RC - Gemma Latham - Gemmalatham@live.co.uk
Notts AC - Aidan Jackson - aidangjackson@gmail.com
Notts Women Runners - Michelle Vallance - michellev112@gmail.com
Nuneaton Harriers - Bonita Bateman - Bonita1273@yahoo.co.uk
Oswestry Olympians - Christopher Judge - secretary@oswestryolympians.com
Owls AC - IAN CHAPMAN - waynejwalker@hotmail.com
Peel Road Runners - Samantha Cart - samcart12016@gmail.com
Performance Physique Athletics Club - James Mutlow - mutlow@outlook.co.uk
Pershore Plum Plodders - Dawn Pound - Secretary@pershoreplumplodders.co.uk
Poplar Running Club - Kelly Bayliss - kellyclark335@live.com
Portishead R C - Nicola Rickard - nrickardhome@btinternet.com
Potters Trotters - Ann Elizabeth Tideswell - liztideswell@yahoo.co.uk
Race Hub - Duncan Shea-Simonds - duncshea@gmail.com
RAF Athletics - Andrew Pattison - andrew.pattison101@mod.gov.uk
Redditch Stars - Linda Beresford - lindajoy02@hotmail.co.uk
Redhill Road Runners - Toni Harper - ginger_queen147@hotmail.com
Retford AC - Mark Fielding - mfielding88@btinternet.com
Rising Brook Runners - Louise Jones - louisehobson755@gmail.com
Roadhoggs Leicester AC - Steve Wheeler - wheelsdx@ntlworld.com
Royal Sutton Coldfield Athletics Club - Steve Shorrock - rscac@hotmail.co.uk
Rugby & Northampton AC - Hazel Cooper - secretaryrandnac@gmail.com
Rugeley Runners - Julie Barrett - juliebarret.1971@gmail.com
Run & Ride Athletics Club - Matt Williams - matt@runandride.co.uk
Run 4 U and Perform Running Club - Sebastien Van Dijk - svandijk@outlook.com
Run Alcester - Chris Tompkins - christompkins@3bprojects.co.uk
Rushcliffe AC - Stephen Chesterfield - stephenches@aol.com
Sedgley Striders - Lucy McCallion - lucyannmccallion@gmail.com
Severn AC - Archie Fox - archie.p.fox@gmail.com
Shepshed Running Club - David Hattersley - david.hattersley@hotmail.co.uk
Shrewsbury AC - Helen Kinrade - Helen.Kinrade@me.com
Shropshire Shufflers - Martin Streeter - Mail4streeter@gmail.com
Silson AC - Paul Holmes - paulholmesy@gmail.com
Silverdale RC - Jemma Blount - Jemma.g79@hotmail.co.uk
Sneyd Striders - Sarah Pallett - caperz@hotmail.co.uk
Solihull & Small Heath Athletic Club - Steve Webb - steve_webb66@icloud.com
Somer AC - Martin Dera - martin.dera@me.com
South Birmingham Striders - Joseph Duffy - josepheduffy2@gmail.com
Southwell Running Club - Ben (a.k.a. Steven John) Parker - parkers@zen.co.uk
Spa Striders - Mary Gailey - mary.whittaker27@gmail.com
Sparkhill Harriers - Andrew Wadsworth - andrewjohnwadsworth@gmail.com
Sphinx AC - Elizabeth McKinlay - Liz@sphinx.org.uk
Squirrels Running Group - Cirhan Truswell - cirhan@hotmail.com
Stafford Harriers - Jo Espley - jowall73@icloud.com

Staffs Moorlands AC - Adrian Northcott - adriannorthcott@aol.com
Stilton Striders - James Sutton - J_C_Sutton@hotmail.com
Stoke F.I.T - Joyce Mercer - secretary@stokefit.co.uk
Stone Master Marathoners - Sara Buckley - sarabuckley41@gmail.com
Stourbridge RC - David Lewis - dvlewis1@icloud.com
Stratford Upon Avon AC - Gary Wells - gazzawells@live.co.uk
Stroud & District AC - Nicola Pearson - nlpearson92@gmail.com
Sutton in Ashfield Harriers & AC - Hannah Kelley - hgmitchell@hotmail.co.uk
Tamworth AC - Derek Bolton - derekbolton1959@gmail.com
Team Anstey Amblers and Runners - James Westhead - james.westhead25@icloud.com
Team Balancise RC - Samantha Devereaux - sam.devereaux@hsc-ltd.co.uk
Team Bath Athletic Club - Tom Hutchison - tomphutch@gmail.com
Telford AC - John Mason - john@themasons.it
Telford Harriers - Ian Simmonds - iansimmonds15@btinternet.com
Tetbury Dolphins Running Club - Sally Patterson - sallypatterson1@me.com
Tewkesbury Running Club - Roy Northcott - Roynorthcott@sky.com
TFN Tri Club - Adrian Campbell - ac-87@outlook.com
The Students Union at UWE - Sian Duval - sianduval@icloud.com
Thornbury RC - Nigel Hale - nigelhale@blueyonder.co.uk
Tipton Harriers - Margaret Cherrington - marg.cherrington@btinternet.com
Trail Runners Adventure Running Club - Emma Keen - contact@ipswichtrailrunners.co.uk
Trentham RC - Deborah Thomas - ladydeb22@hotmail.com
TRX Wolves AC - Paul Tabor - paultabor@blueyonder.co.uk
University of Birmingham AC and Cross Country Club - Ethan Nation - ethan.x.nation@gmail.com
University of Leicester Running & Athletics Club - George Rogerson - ruth_hollis@hotmail.com
University of Nottingham AC - Rory Clark - rory.clark04@gmail.com
University of Warwick - Dominic Quinn - dominicquinn06@gmail.com
Unsanctioned Athletics - Gareth Maguire - gareth.maguire@hotmail.com
Uttoxeter Road Runners - Luke Bartle - secretaryuttoxeterroadrunners@gmail.com
VeloRunner - Simon Williams - sales@velo-m.co.uk
Walsall Arboretum Running Club - Gerry Wintrip - walsallrunners@outlook.com
Warley Woods Pacers - Nicola Turvey - nickylturner@hotmail.com
Warsop RC - Echo Jopling - warsoprc.secretary@hotmail.com
Washlands Women Runners - Rachael Edwards - rachael.banton@hotmail.co.uk
Wellingborough & District AC - Paul Huckle - p_huckle@hotmail.com
Wenlock Olympians - Karen Gibbons - kgibbons40@gmail.com
West Bromwich Harriers - Chris Davis - GHOSTANDZELL@SKY.COM
West End Runners - Simon Mayes - simonmayes03@hotmail.com
Westbury Harriers - Michael Hopkins - mike.hopkins@blueyonder.co.uk
Western Tempo - Matt Lambourne - matt.s.lambourne@gmail.com
Weston Athletic Club - Helen Diamond - helen.diamond@talk21.com
Whitchurch Whippets - Alison Birch - alibirch1964@yahoo.com
Wigston Phoenix RC - Maryjoy Appleton - maryjoyappleton@gmail.com
Wolverhampton & Bilston - Ruth Burton - wolvesandbilston@outlook.com
Woodthorpe Huffers & Puffers - Sian Hancox - sian.hancox@yahoo.co.uk
Wootton Road Runners - Ian Wild - eatlotsofpies@gmail.com
Worcester AC - Tristram Elmhirst - tristramelmhirst@hotmail.com
Worcester Students' Union Athletic Club - Amelia Appleyard - ameliaappleyard66@gmail.com
Worksop Harriers - Tony Gray - secretary@worksopharriers.co.uk
Wreake & Soar Valley - Stacey Nicholls - stacey_j7@yahoo.co.uk
Wreake Runners - Phillip Wilson - Pt.wilson64@gmail.com
Wrekin Harriers - Geoffrey Bush - geoffreybush009@gmail.com
Wrekin Road Runners - Allison Haycox - secretary.wrekinroadrunners@gmail.com
Wye Valley Runners - Brent Lowson - brent.lowson@gmail.com
Yate & Sodbury Striders - Graham Crump - secretaryyass@gmail.com

NORTHERN ATHLETICS CROSS COUNTRY

Address: Northern Athletics, Business Central, 2 Union Square, Central Park, Darlington, DL1 1GL
Chairman: Tony Wood, run14@btinternet.com
Executive Board Members (Cross Country): Steve Gaines, sandjgaines@aol.com,
Arwel Williams, arwelwilliams@aol.com
Championship Information: Northern Athletics Office as above 07856 899175 -
email: mark@northernathletics.co.uk
Officials Co-ordination: c/o Northern Athletics Office as above

CLUBS & SECRETARIES

Abbey Runners - Peter Blinston - blinstons@ntlworld.com
Accrington Road Runners - Pamela McCullagh - Pammy.47@outlook.com
Ackworth Road Runners - Dawn Sketchley - jdawnsketchley@hotmail.com
Airecentre Pacers RC - Dorothy Darnbrough - ddarnbrough@yahoo.co.uk
Allen Valley Striders - Rosemary Todhunter - drma2504@btinternet.com
Allerton Junior Athletics Club - Amy Clarkson - andyandamyclarkson@outlook.com
Alnwick Harriers - STEVEN STUDLEY - Stevenstudley76@gmail.com
Altrincham & District Athletic Club Limited - Jackie Jellyman - altrincham.athletics.info@gmail.com
Amber Valley and Erewash Athletic Club - Richard Woodward - richard.woodward1981@btinternet.com
Ambleside AC - Katie Percival - katiep018@gmail.com
Ashington Hirst Running Club - Natalie Mcdermott - natalie.mcdermott@hotmail.co.uk
Askern District RC - Amber Torrington - ambertorrington@googlemail.com
Astley & Tyldesley Road Runners - Mark Riches - markriches61@gmail.com
Aurora Harriers - Lesley Garnham - lesleygarnham@aol.com
Aycliffe Running Club - Donna Campbell - aycliffe runningclub@gmail.com
Baildon Runners - Linda Carey - Lindamcarey1@gmail.com
Bakewell Athletics Club - Katie Sloane - sloane.katie.louise@gmail.com
Barlick Fell Runners - Emma Law - em_law@icloud.com
Barnsley Athletic Club - Gareth Cooke - garethtcooke@hotmail.com
Barnsley Harriers - Richard Spooner - rich_sp_uk@yahoo.co.uk
Barrow & Furness Striders AC - Brian Baines - brianbaines@hotmail.com
Barton & District AC - Louise Hindmarsh - louisehindmarsh@gmail.com
Bell & Harp Running Club - Tarik Harvey - tarikharvey1990@hotmail.co.uk
Belle Vue Racers - Vic Walsh - vic_walsh@yahoo.co.uk
Belper Harriers - Chris Gilbert - chris12gilbert@gmail.com
Belper Running Club - Linden Weaver - lindenawalker@googlemail.com
Beverley Athletic Club - Fiona Oakes - secretarybeverleyac@gmail.com
Billinge Running Club - Sean Newberry - sean.newberry@oldham.gov.uk
Billingham Marsh Hse H & AC - Michael Robbins - mike.robbins74@googlemail.com
Billingham Running Club - Dorothy Harris - secretary@billinghamrc.org.uk
Bingley Harriers & AC - Patricia Emery - patricia.gavins@deltatrust.org.uk
Birkenhead AC - Andrew Waring - andytherunnerno1@talktalk.net
Birtley AC - Val Baxter - birtleyribbons@gmail.com
Blackburn Harriers & AC - Susan Woodburn - susan.woodburn@live.co.uk
Blackburn Road Runners - Lynne Knowles - lynneknowles@me.com
Blackhill Bounders - Stewy Bell - nufcstewy@hotmail.com
Blackley North Manchester AC - Elaine Crosdale - ed.crosdale@ntlworld.com
Blackpool Wyre & Fylde AC - Nick Hume - nick.hume229@gmail.com
Blaydon Harrier & AC - Nicola Perry - secretary@blaydonharrier.org.uk
Blyth Running Club - Ralph Dickinson - ralphdickinson@btinternet.com
Boalloy Running Club - Carl Williams - carlandrewwilliams@gmail.com
Bolton Triathlon Club - Stuart Carter - chairman@boltontri.com

Bolton United Harriers & AC - Zoe Foster - zoe.foster35@gmail.com
Border Harriers & AC - Karrie Mundell - athleticskmundell@btinternet.com
Boro Runners - Lindsey Scott - lindseycs30@gmail.com
Boston & District AC - Nanette Johnson - nanettejohnson1953@gmail.com
Bourne Town Harriers - Alison Burton - aliburton80@gmail.com
Bradford Airedale AC - Simon Forde - simonnforde@gmail.com
Bramhall Runners - Paul Turgoose - paulturgoose101@gmail.com
Bramley Breezers - Donella Cook - donellacook@gmail.com
Bridlington Road Runners - MARTIN MCPHEAT - martinmcpheat@gmail.com
Burnden Road Runners - Jennifer Entwistle - jentwistle79@gmail.com
Burnley AC - Jayne Linaker Smith - jaynelinaker4382@gmail.com
Bury Athletic Club - Helen Vaughan - mrs.helenvaughan@gmail.com
Buxton AC - Natalie Wild - nataliewild@live.com
Carleton Running Community - Rachel Harrison - rac3705@hotmail.com
Carlisle Aspatria AC - Julie van Iterson - julievi@btinternet.com
Chapel Allerton Runners - Paul Hough - paulhough119@gmail.com
Cheshire Dragons - lisa meadows - Lisa.meadows2@sky.com
Chester Le Street & Dist AC - Christopher Gary Burns - c1982bu@gmail.com
Chester Road Runners - Emma Ivens - E.ivens150@btinternet.com
Chester Triathlon Club - Chris Rhodes - chrisrhodes234@yahoo.co.uk
Chesterfield & District AC - Caroline Siderius - carolinesiderius@hotmail.co.uk
Chesterfield Tri Club - Benjamin Smith - chesterfieldtriclub@gmail.com
Chorley Athletic and Triathlon Club - Simon Townsend - sp_townsend@hotmail.com
Chorlton Runners - Rebecca Knapton - rebecca.knapton@chorltonrunners.co.uk
City of Hull AC - Lucy Khan - Lucykhan63@gmail.com
City of Preston Triathlon Club for Juniors - Catherine Mitchell - catherineccmitchell@gmail.com
City of Sheffield and Dearne AC - Donna Claridge - donnaclaridge@btinternet.com
City of York AC - Matthew Boxall - secretary@cityofyorkac.com
Claremont Road Runners - Catherine Walker - catrina_louise@hotmail.com
Clayton-le-Moors Harriers - Kathryn Brady - kabrady64@hotmail.com
Cleethorpes AC - Tonia Saunt - tonia.s@btinternet.com
Cliff Village Runners - Christopher Taylor - christaylor42@me.com
Clowne Road Runners Club - Andrew Foster - clownerunners@yahoo.co.uk
Congleton Harriers - Stephen Canning - scanning161@gmail.com
Craven Energy Triathlon & Multisport Club - Nick Minto - nick.minto@yahoo.co.uk
Crewe and Nantwich AC - Sarah Varley - secretary@creweandnantwichac.org.uk
Crook & Dist Sports AC - Danny Oakley - mail@dpoakley.co.uk
Crossgates Harriers - Richard Whitehouse - info@austhorpesigns.com
Crystal Peaks Runners - Bridget Davison - bridgetbiffa@gmail.com
Cumberland AC - Karen Wilson - karenw@lcwc.ac.uk
Cumberland Fell Runners - Daniel Austin - danielaustin@btinternet.com
Cutacre Running Club - David Adams - dvdadams2407@yahoo.com
Dallam Running Club - Emma McColm - emmamccolm@hotmail.com
Danum Harriers - Rochelle Bagshaw - rochelle.bagshaw@gmail.com
Darlington H & AC - Paul Cook - paul.cook@ee.co.uk
Darlington Triathlon Club - Rebecca Robson - becci93@live.co.uk
Darwen Dashers RC - Bradley Smith - darwendashersrc@gmail.com
Delamere Spartans - Sarah Basey - sarah.basey@yahoo.co.uk
Denby Dale Athletics Club - Richard Walker - rswalkeruk78@gmail.com
Derby Athletic Club - Grant Cummings - admin@derbyathleticclub.uk
Derby Triathlon Club - Roderick Zala - roderickzala@gmail.com
Derwent AC Cockermouth - Anthony Davis - tony.davisoft@gmail.com
Derwent Runners (Derby) - Richard Winter - winter15@virginmedia.com
Derwent Valley Running Club - Sue Urwin - terry.urwin@sky.com
Derwent Valley Trail Runners - Jonathon Parker - jonny.p92@live.co.uk
Derwentside AC - Graham Marshall - magicrat81@gmail.com

Dewsbury Road Runners - Tim Rowling - tim.rowling@ntlworld.com
DH Runners - Christine Southam - casoutham@btinternet.com
Didsbury Runners - Wayne Boyle - fraggle.wrlfc@gmail.com
Doncaster Athletic Club - Glen Barnes - GlenbBrns@aol.com
Doncaster Triathlon Club - Paul Lockwood - Ptlockwood@gmail.com
Dragons Running Club (Leeds) - Zoe Malir - zoe_bell2003@yahoo.co.uk
Dragons Running Club (Sale) - Andy Land - andy.land@yahoo.co.uk
Driffield Striders - Nicola Amidulla - Nicolaamidulla@icloud.com
Dronfield RC - Daniel Atkin - danatkin@kenrayglobal.com
Durham City Harriers & AC - Mitchell Marshall - secretary@durhamcityharriers.org.uk
Easingwold Running Club - Joanne Wheeler - joannewheeler15@gmail.com
East Cheshire Harriers & Tameside AC - Mark Ormston - mark.a.ormston@gmail.com
East Durham Running Club - Craig Felton - Feltonsafc@live.co.uk
East Hull Harriers & AC - Richard Alsop - rajc@rajc.karoo.co.uk
Eden Runners - Alison Phillips - paul968phillips@btinternet.com
Ellenborough AC - John Winn - fellwinner@gmail.com
Ellesmere Port RC - Denise Lavery - denise.lavery1@gmail.com
Elswick Harriers - David Jones - david.jones48@nhs.net
Elvet Striders - Pamela Kirkup - pamela.kirkup@btinternet.com
Fitmums and Friends - Vickie Hillier - admin@fitmums.org.uk
Freck & Warton Running Club - Ruth Pedley - ruthgr79@hotmail.com
Gainsborough & Morton Striders - Ian Haldenby - haldo616@gmail.com
Garstang Running Club - Paul Moss - pault.moss@btinternet.com
Gateshead Harriers & AC - Iona Sweeney - ionasweeney22@gmail.com
GinPit Flyers - James Bentall - jamesbentall1@gmail.com
Glossopdale Harriers - Zoe Barton - barton.zoe@gmail.com
Goole Viking Striders - Heather Seaton - heathertaylor72@yahoo.co.uk
Goole Youth AC - Alastair Pickering - drapickering@gmail.com
Gosforth Harriers & AC - Jenny Graham - j3nnygraham@gmail.com
Goyt Valley Striders - Roy Whittle - roywhittle88@gmail.com
Grantham AC - Jacqueline Bainbridge - teknofobik@hotmail.com
Grantham Running Club - Darren Harley - darrenharley@hotmail.com
Grimsby Harriers & AC - Jacky Gibbons - mrsjackygibbons@gmail.com
Halifax Harriers & AC - Hazel Berrett - hjberrett@gmail.com
Hallamshire Harriers Sheffield - Jane Whitehead - hallamshireharrierssecretary@gmail.com
Halton & Frodsham Harriers - William Smith - bill.smith1866@hotmail.com
Hambleton Athletics & Running Club Ltd - Erin Marley - erin_marley@hotmail.com
Handforth Wilmslow Alderley - Suzanne Henty - suzannehenty@gmail.com
Handsworth Roadhogs - Tony Weightman - tonyweightman58@gmail.com
Harrogate Harriers & AC - Nathan Smith - nathan@flow-mon.com
Harrogate Tri Club - Rob Turcan - rgordt@aol.com
Hartlepool Athletics Club - Rachel Spence - hartlepoolathletics@gmail.com
Hartlepool Burn Road Harriers - Colin Stead - colinstead@googlemail.com
Haxby Runners - Kev Johnson - haxbyrunners@drunkmonkey.co.uk
Heald Green Runners - Christina Emerson - christinamrsn@yahoo.co.uk
Heanor Running Club - Peter Edwards - peter.edwards4@ntlworld.com
Heaton Harriers & Athletics Club Limited - Alex Henry - alexmagin@hotmail.co.uk
Helm Hill Runners - Thao Do - thaonunns@yahoo.co.uk
Helsby Running Club - Stephanie Garner - steph.g9476@gmail.com
High Peak Athletic Club - Keith Tolley - k2economics@outlook.com
Hillsborough & Rivelin RC - Thomas Harrington-Vogt - thomash-v@live.co.uk
Hoad Hill Harriers - Glenn Boulter - gkboulter@googlemail.com
Holgate Harriers - Joseph Butler - joepbutler77@gmail.com
Holmfirth Harriers AC - Jane Fox Thomas - janeystirling@outlook.com
Hornsea Harriers - Rachel Waites - hornseaharriers@outlook.com
Horsforth Fellandale Club - Neil Barton - bartonneil5@aol.com

Horsforth Harriers - Jenny Harrison - jenniferlucie@hotmail.com
Horwich R M I Harriers - Glynne Lever - whitecroft1@hotmail.co.uk
Houghton Harriers & AC - Linda Welch - lindawelch31@gmail.com
Hunwick Harriers - Eddie Gibson - gibsoncraig5@aol.com
Hurricane Striders - Kate Siviter - katesiviter@aol.com
HUUB Performance Project - Patrick Welsh - Patrickwelsh8@outlook.com
Hyde Park Harriers - Amaia Imaz Blanco - aimazblanco@gmail.com
Hyde Village Striders - Sally Gubbins - sallygub@sky.com
Hyndburn AC - Phil Sumner - philsumner60@btinternet.com
Idle AC - Naomi Clegg - Naomiarmitage1984@hotmail.co.uk
Ilkeston Running Club - Daniel Follon - danfollon@gmail.com
Ilkley Harriers AC - Jeremy Greenwood - Jeremy.greenwood123@btinternet.com
Isle Of Man Veterans AC - Maureen Kelly - mokelly2025@outlook.com
Jarrow & Hebburn AC - Jenna Gleeson - jenna.killock@googlemail.com
Jesmond Joggers - David Newman - davidnewman@xlearning.co.uk
Just Run Community - Melissa Hawkes - melissahawkes9@gmail.com
Keighley & Craven AC - Richard Hindle - rjhindle50@gmail.com
Kendal Amateur Athletic Club - Peter Gorst - pjgorst@googlemail.com
Keswick AC - David Crout - davidcrout1@gmail.com
Killamarsh Kestrels - Chris Brown - chrisbrown01@zoho.com
Kimberworth Striders - Lauren Corcoran - corcoran190@gmail.com
Kingston upon Hull AC - Anita Pace - anita.pace@pacecomms.co.uk
Kingstone Runners Barnsley - Tim Wade - timwade@hotmail.co.uk
Kippax & District Harriers - Stevie Roberts - stevieroberts77@gmail.com
Kirkby Milers AC - David Matthews - davidmago76@gmail.com
Kirkstall Harriers - Lloyd Allen - LLOYD.ALLEN69@HOTMAIL.COM
Knaresborough Striders - Debbie Herridge - debbieherridge@live.co.uk
Knowsley Harriers - Jayne Ellis - jellismoon@icloud.com
Knutsford Runners - Louisa McKay - loupettinger@googlemail.com
Knutsford Tri Club - Kateren Peers - secretary@knutsfordtriclub.co.uk
Lancashire Constabulary Athletics Section - Steven Broadbent - steve@fellrunner.com
Lancashire Fire & Rescue Service & AA - CHRIS WALES - thepenworthamwales19@hotmail.co.uk
Lancaster & Morecambe AC - Angus Murray - angusm1066@outlook.com
Lancaster University Running & Athletics Club - Matthew Lowe - matt_lowe3434@icloud.com
Leeds & Bradford Triathlon Club - Andrew Willis - willisandrew1972@gmail.com
Leeds City Athletic Club - Maria Townsend - secretary@leedscityac.org
Leeds University AC and CC Club - Amelia Taylor - amsqtay05@gmail.com
Leigh Harriers & AC - Debbie Copper - debbiecopper@gmail.com
Leven Valley AC - James Bailey - Jamesandjobailey@hotmail.com
Levenshulme Runners - Catrin Austin - sunshinebreaking@gmail.com
Lincoln & District Runners - Christine Wells - wells_christine@hotmail.com
Lincoln Wellington Athletic Club - Judith Broadbent - Jbroadbent@mail.com
Littleborough Runners - Sally Harrison - sallyxyz@hotmail.co.uk
Liverpool Harriers & AC - Arwel Williams - williamsarwel9@gmail.com
Liverpool Pembroke & Sefton H AC - Karen Brown - karenprobert@yahoo.co.uk
Liverpool Running Bugs - Derek Hughes - hughesdx@talktalk.net
Liverpool Running Club - Abigail Magill - abiwillmitt@hotmail.co.uk
Loftus & Whitby AC - Susan Dick - suedick1975@googlemail.com
Longwood Harriers AC - Lindsay Roberts - linzi1577@gmail.com
Lostock AC - Heather Soden - heathersoden@me.com
Louth AC - Michael Benton - mikebenton1@btinternet.com
Low Fell RC - Neil Morris - neilmorris1811@gmail.com
Lymm Runners - Helen Bennett - helenbennettemail@gmail.com
Lytham St Annes RR Club - Ginny Hester-See - ginny.hester-see@ppd.com
Macclesfield Harriers & AC - Rachel Gilliland - rachelgilly68@gmail.com
Maltby Running Club - Keith Paddock - paddockmouse1@yahoo.com

Manchester Frontrunners - Jono Guildford - jono.guildford@gmail.com
Manchester Harriers & AC - Ed Fazakerley - ed.fazakerley@palatinepe.com
Manchester Road Runners - Rachael Franklin - rachaelcfranklin@gmail.com
Manchester Triathlon Club - Run Co-Ordinator - running@manchestertriathlonclub.org.uk
Manchester YMCA Harriers - David Kearney - kearneydavidj@hotmail.com
Manx Fell Runners - David Griffin - dkgmanx@outlook.com
Manx Harriers - Julie Stanfield - julie.stanfield12@hotmail.com
Marple Runners - Richard Furniss - rich.furniss@gmail.com
Maryport CSC - Tracy Taylor - senhousett@gmail.com
Matlock Athletic Club - Dennis Belbin - Dennisbelbin@hotmail.com
Meltham AC - Brian Hutson - brian.hutson@telic-consult.co.uk
Mersey Tri - Peter Heron - peterheron@yahoo.com
Merseyside Fire & Rescue Service Running Club - Ged Sheridan - geds@merseyfire.gov.uk
Methley Striders - Karly Templeton - karlydaniels@hotmail.com
Mickleover Running Club - Hannah Saunders - wallhannah@hotmail.com
Middlesbrough & Cleveland Harriers - Andrea Ansell - andrea.ansell50@gmail.com
Middlesbrough Athletic Club (Mandale) - Helen Iceton - secretary@middlesbroughmandaleac.co.uk
Middleton Harriers AC - Craig Sutherland - craig.sutherland@myphone.coop
Mikkeller Running Club Liverpool - Andrew Davies - andyddavies@hotmail.com
Millom Striders - Samuel Moore - samuel1607@hotmail.co.uk
Morpeth Harriers & AC - Kaye Scott - Secretary-morpethharriers@outlook.com
Mossley Hill AC - Catherine Rigby - catherine.rigby64@gmail.com
Nantwich Running Club - Clare McAleavy - camcaleavy@gmail.com
Netherhall AC - Andrew Johnson - a.h.johnson@btinternet.com
Nettleham Trotters Running Group - Nicola Turner - nicola.turner69@gmail.com
New Marske Harriers Club - Tom Danby - tom.secretarynmh@gmail.com
Newburn Running Club - Rachel Bowie - rachel.bowie@hotmail.co.uk
Newcastle Frontrunners - Neill Moseley - emailneill@gmail.com
Newcastle University AC - Jonah Patton - richard@billywizz.me
Nidd Valley Road Runners - Emma David - ekicks@hotmail.co.uk
Nidderdale Fell & Trail - Nicola Wright - nic.nak.wright@gmail.com
North Derbyshire RC - Ian Bradshaw - ian@ianbradshaw.net
North East Project - Kieran Walker - northeastprojectrun@gmail.com
North East Veterans AC - George Routledge - ntmmnevacsec2013@hotmail.co.uk
North Shields Polytechnic Club - John Sutcliffe - suttyjohn@me.com
North York Moors AC - Richard Fawcett - fawcett_81@hotmail.co.uk
Northenden Runners - Alexandra Beresford - beresfordalexandra@gmail.com
Northern (Isle of Man) AC - Alison Vondy - alivondy@gmail.com
Northern Fells Running Club - Natalie Hawkrigg - natalie@razzetti.com
Northern Masters AC - Julie Hicken - juliechicken38@gmail.com
Northowram Pumas Running Club - Camilla Gough - camilla-gough@live.co.uk
Northumbria University - Flynn Hill - flynn.hill@northumbria.ac.uk
Northwich Running Club - Wendy McDonnell - wendyjanemcdonnell@hotmail.com
Off that couch fitness - Gemma Scott - gemhay_itfc@yahoo.co.uk
Oldham & Royton H & AC - Angela Hart - hartangie2@gmail.com
Orchard Eagles Running Club - Jennifer Candler - jenny.candler563@gmail.com
Otley AC - Gail Brogden - brogden1977@btinternet.com
Parbold Pink Panthers - Janet Farrow - farrowjan@btinternet.com
Pendle Athletic Club - Christine Chorlton - christine.chorlton@outlook.com
Penistone Footpath Runners & Athletic Club - John Martyn Cartwright - martynandpauline@gmail.com
Penny Lane Striders - Christine Grant - nigechris@tiscali.co.uk
Pensby Runners - Rita Mistry - ritalmistry@gmail.com
Phoenix Flyers AC - Lesley Foster - lesfos74@gmail.com
Pickering Running Club - Matt Knight - Matthew.knight@hotmail.co.uk
Pocklington Runners - Kate Boyd - kateaboyd@aol.com
Pontefract AC - Cyril Jones - cyriljones97@talktalk.net

Preston Harriers - Nicholas Johns - n_johns84@yahoo.com
Prudhoe Plodders Running Club - Jennifer Burn - jennifer_burn@yahoo.co.uk
Pudsey & Bramley AC - Laurence Martin - oakie47@hotmail.com
Pudsey Pacers RC - Cathy Martin - cathyjmartin@gmail.com
Pudsey Runners - Lesley Jackson - lj.home@btinternet.com
Quakers Running Club - Lisa Bowerbank - lisabowerbank@gmail.com
Quays Running Club - Tim Hollingworth - info.quaysrun@gmail.com
Queensbury Running Club - Robin Naylor - queensburyrunning@gmail.com
Radcliffe AC - Mark Taylor - Mark.Radcliffeac@gmail.com
Ramsbottom Running Club - Eve Hart - evehart80@hotmail.co.uk
Rasen Running Club - Sarah Paterson - sarahjanepaterson@gmail.com
Rawmarsh Runners - Philip Morgan - FIREMANPHIL1@HOTMAIL.CO.UK
Red Kite Runners - David Ledgerwood - david.ledgerwood@btopenworld.com
Red Rose Road Runners - Julie Thorley - juliethorley@hotmail.co.uk
Redcar Running Club - John Walshaw - johnbwalshaw@gmx.com
Ribble Valley Runners - Kate Griffiths - katevireland@hotmail.com
Richmond & Zetland Harriers - Sarah Gregory - sarahgregory@talk21.com
Ripley Running Club - Ian Warton-Woods - ianwartonwoods@aol.com
Ripon Runners - Lucy Waller - lucywaller027@btinternet.com
Roberttown Road Runners - Peter Knott - peterknott@genesysbookkeeping.co.uk
Rochdale Harriers & AC - John Mayall - johnmayall@sky.com
Rochdale Tri Club - Julia Moore - juliamoore1922@aol.com
Rock Salt Runners - Iain Borsbey - iain_borsbey@me.com
Rodillian Runners - Louise Thompson - louiseathompson23@hotmail.co.uk
Rolls Royce Harriers - Gillian Whiteside - gillianw67@hotmail.com
Rossendale Harriers & AC - Nick Pilkington - sirpilks@googlemail.com
Rother Valley Swallows - Gill Freer - rothervalleyswallows@gmail.com
Rotherham Harriers and AC - Stephen Gaines - sandjgaines@aol.com
Rotherham Running Club - Lauren Beasley - beasleylauren@rocketmail.com
Rothwell Harriers & AC - Karen Horton - karenfhorton1972@gmail.com
Roundhay Runners - Richard Gibbs - gibbsrh@gmail.com
Royton Road Runners - Carl O'Callaghan - carlocallaghan@sky.com
Run Middlewich - Debbie Ford - debbieford70@outlook.com
Run Peterlee - Sarah Gravett - Sarahgravett@live.co.uk
Run Sandymoor - Helen Dunbebin - helenracki@gmail.com
Running Head First - Leon Search-Kearney - Leon-kearney93trfc@hotmail.co.uk
RunThrough Run Club - Christopher Parr - chris.parr@runthrough.co.uk
Saddleworth Runners Club - Carl Martin - carlmartin@hotmail.co.uk
Sale Harriers Manchester - Frank Cordingley - frankcordingley@gmail.com
Salford Harriers & AC - Paul Bannister - paulbanno@gmail.com
Salford Metropolitan AC - Jennifer Crowther - jenniferc@btinternet.com
Saltaire Striders - Tim Gore - tim@timgore.me.uk
Saltwell Harriers - Lyndsey Stephenson - lyndseystephenson@yahoo.co.uk
Savvy Park Runrz - Nicola O'Connor - nicsh1@sky.com
Scarborough Athletic Club - Lisa Baker - nrsbaker@gmail.com
Scunthorpe & District Running Club - George Atkin - secsadrc@gmail.com
Scunthorpe Harriers Athletic Club - Helen Dickens - 1983hed@gmail.com
Seaton Athletic Club - Mark Whitfield - markjwhitfield30@gmail.com
Sedbergh School Running Club - Richard Wells - richard.s.wells@gmail.com
Sedgefield Harriers - Enya Killen - emkillen@hotmail.co.uk
Selby Striders - Richard Freer - richardfreer65@gmail.com
Settle Harriers - Debbie Dearden - Mrsdebbiehope@gmail.com
Shadwell Runners - Natasha Mortimer - mortimernatasha@gmail.com
Sheffield RC - Richard Ward - richardward880@gmail.com
Sheffield Triathlon Club - Glen Mailer - glenjamin@gmail.com
Shelton Striders - Lauren Redfern - lredfern94@gmail.com

Shildon Running & AC - Helen Race - helenoswald@hotmail.com
Sinfin Running Club - Sue Winter - sueandstevewinter@gmail.com
Skegness & District Running Club - Claire Harness - claireharness@yahoo.com
Skelmersdale Boundary Harriers - Nick Paul - nickpaul82@hotmail.com
Skelmersdale Running Club - Luke Wills - lukewills_design@hotmail.co.uk
Skipton AC - Paul Norman - pdqnorman@gmail.com
Skyrac Athletic Club - Gordon Agar - gordon.agar@outlook.com
Slaithwaite Striders RC - Lucie Gresham-Hill - lucieghill@icloud.com
Sleaford Striders AC - Mark Arnot - markarnot@hotmail.co.uk
Sleaford Town Runners - Jane Winter - jane@wspianos.co.uk
Smalley Road Runners - Rebecca Nuttley - loobaloo2002@hotmail.co.uk
Snaith & Cowick Running Club - Helen Craven - helenecraven@gmail.com
South Cheshire Harriers - Richard Baker - richbaker70@hotmail.com
South Derbyshire Road Runners - Emily Atkins - emilyatkins33@outlook.com
South Leeds Lakers Running Club - Antony Gibson - antgibson@gmail.com
South Ribble Runners - Sally Maddock - Sallyjanehotpot@gmail.com
South Shields Harriers & AC - Karl White - karlwhite2327@live.co.uk
South Yorkshire Police AC - Maria Dixon - dixonmaria16@gmail.com
Southport Strollers Running Club - Malcolm Teale - malcolmteale@gmail.com
Southport Waterloo AC - Christopher Henders - swacsecretary@hotmail.co.uk
Sowerby Bridge Snails Running Club - Jodie Smith - Jodiesmith6@aol.com
Spectrum Striders - Kate Grimoldby - kgrimoldby@hotmail.com
Spenborough & Dist AC - Joshua Miles - miles.joshuam@yahoo.com
St Bees Triers - Ian Robinson - onionbrains@yahoo.co.uk
St Helens Striders - Richard Seville - info@sthelensstriders.com
St Helens Sutton AC - Jake Healy - jakeh29@hotmail.com
St Theresa's A.C. - Nigel Fuller - nige4c@gmail.com
Stadium Runners - Alison Cottam - cottam404@btinternet.com
Stainland Lions Running Club - Cat Daniel - catdaniel@hotmail.co.uk
Stamford Striders - Elaine Allwood - allwood.elaine@yahoo.co.uk
Steel City Striders RC - Lawrence Bate - lawrencebate@btinternet.com
Stockport Harriers & AC - Grace Watson - watsongrace02@gmail.com
Stockport Tri Club - Nick Roberts - nickr071166@gmail.com
Stocksbridge Running Club - Rhianna Fulford - narnifulford@hotmail.com
Stocksfield Striders - Francesca Arthur - bilinski91@hotmail.co.uk
Stockton Striders AC - Gail Robinson - gail_robinson2@outlook.com
Stride Running Club - David Howlett - davidhowlett1987@icloud.com
Styal Running Club - Lexy Denton - lexydentonstyalrunningclub@gmail.com
Sunderland Harriers & AC - James Johnson - jaj160477@hotmail.com
Sunderland Strollers - Elizabeth Coley - lizcoley1@hotmail.com
Sunlight Runners - Matthew Thomas - matthew.thomas@unilever.com
Swaledale Runners - Tim Grimwood - Tc_grimwood@yahoo.co.uk
Swinton Running Club - Steven Doxey - sdoxey@ntlworld.com
Tadcaster Harriers - Charlotte George - charlotte.george@cantab.net
Tattenhall Runners - Sharon Basford - sharonbasford@hotmail.co.uk
Team Caterpillar - Dionne Torkington Craven - enquiries@team-caterpillar.com
Team Derby Runner - Rob Jefferies - TDR@derbyrunner.com
Team Manvers - Wayne Hubery - wayne.hubery@mwbc.org.uk
Teesdale AC - Anna Smith - annamatthews84@gmail.com
Thirsk & Sowerby Harriers - Natalie Lyth - natalie.tasharriers@gmail.com
Thornton Cleveleys Running Club - Catherine Fletcher - fletchercatherine1@yahoo.co.uk
Tickhill Running & Athletic Club - Hannah Day - hannahday1@live.co.uk
Todmorden Harriers - Joe Daley - joe-daley@hotmail.co.uk
Totley AC - Sharon O'Leary - sharon.oleary@yahoo.co.uk
Trafford Athletic Club - Mike Harris - mikeharris500@hotmail.com
Trawden Athletic Club - Tessa Walmsley - tessa_walmsley@hotmail.com

Tri-Lakeland - viv winter - vivwinter21@btinternet.com
TS Harriers - Lee Woolams - leewoolams@hotmail.com
Tweed Striders - Elaine Simm - jont.lainie@gmail.com
Tyne & Wear Fire Running Section - Brendan McMillan - brendanmcmillan@yahoo.co.uk
Tyne Bridge Harriers - David Cornish - secretary@tynebridgeharriers.com
Tynedale Harriers & AC - Kirstie Anderson - kirstieanderson@nhs.net
University of Manchester Ath & XC Club - Lucy Henson - lahenson11@gmail.com
University of Sheffield Union of Students - George O'Connor - goconnor1314@gmail.com
Upper Wharfedale Runners - Louise Milburn - louiseemilburn@aol.com
UTS Running Club - Richard Latten - richard.latten@hotmail.co.uk
Vale of York Athletic Community - Beverley Horsfield - Bev@valeofyork.org
Vale Royal AC - Lucy Burch - Lucy.burch@hotmail.co.uk
Valley Hill Runners - Sarah Turton - sarahturton123@gmail.com
Valley Striders AC - Samantha Harris - secretaryvalleystriders@gmail.com
Vector Racing - Gemma Frost - glfrost83@gmail.com
VocaLink Mastercard Running Club - Stephen Peters - steve@steve-peters.co.uk
Wakefield District H & AC - Alyce McCurdie - alyce.mccurdie@wakefieldharriers.org.uk
Wakefield Triathlon Club - Karl-Eric Devaux - karleric.devaux@gmail.com
Wallasey Athletic Club - Louise Poland - secretary.wallaseyac@gmail.com
Wallsend Harriers & AC - Jamie Ward - jamie.ward1978@gmail.com
Walney Wind Cheetahs - Louise Cooke - loutid@live.co.uk
Warrington A C - Louise Blizzard - louiseblizzard45@gmail.com
Warrington Road Runners - Alison Morgan - alisonjanemorgan@btinternet.com
Warrington Running Club - Menna Goodwin - mennagoodwin@gmail.com
Warriors Pentathlon & Athletic Club - Ronan Kearney - ronan@runwirral.uk
Wearside Triathlon Club - Simon Mowbray - simonmowbray@hotmail.com
Wesham Road Runners & AC - Liz Sharrocks - lizsharrocks@hotmail.com
West Cheshire Athletic Club - Dennis Wall - dennis.wall1@ntlworld.com
West Hull Ladies - Samantha Thompson - samantha.m.page1987@gmail.com
West Yorkshire Police Harriers - Heather Mitchell - mheathermitchell@btinternet.com
Wetherby Runners AC - Emma Warner - Ewarner3@hotmail.com
Wharfedale Harriers - Sam Green - sam.green492@gmail.com
Widnes Running Club - Penny Worthington - CUNNY50@HOTMAIL.COM
Widnes Wasps Ladies R C - Susan Campbell - susancampbell1957@gmail.com
Wigan & District H & AC - Margaret Grayston - margaretgrayston@btinternet.com
Wigan Phoenix - Debra Jones - Debra.jonescurley@gmail.com
Wigton Road Runners - Linda Brown - lmbrown412@hotmail.co.uk
Wilmslow Running Club - Nick Bishop - nick@nickbishopsolutions.co.uk
Wilmslow Striders - Peter Williams - ptwilliams92@gmail.com
Winston Runners - Gaynor Williams - gaynor.w@btinternet.com
Winter Hill Runners - Donna Kelsall - donnakelsall1979@yahoo.co.uk
Winterton Running Club - John Hastings - jhastings71@gmail.com
Wirral AC - Melanie Robson - melanie.robson@wirralathleticclub.co.uk
Witham Runners (Lincolnshire) - Kay Peters - kay.peters331@gmail.com
Withernsea Harriers - Mark Nurse - markharriers4@gmail.com
Wolds Veteran RC - Tracey Gibson - tracey.gibson@talk21.com
York Acorn Running Club - Jane Lawson - Janelawson2612@gmail.com
York Knavesmire Harriers - Dan Jones - mitchelljones63@gmail.com
York Postal Harriers - Jon Davies - bigjonnydavies@hotmail.com
York Triathlon Club - Iain Souch - iain.souch@btinternet.com
Yorkshire Wolds Runners - Ruth Rhodes - homerhodes88@gmail.com

ECCA Website:

www.englishcrosscountry.co.uk

Information supplied by England Athletics to whom changes should be sent

SOUTH OF ENGLAND CROSS COUNTRY

Chairman: David Harris David.harris@blueyonder.co.uk

Convenor: L Whitehead

Information: L Whitehead, SEAA Office, SEAA Competition Ltd, Crystal Palace National Sports Centre, Ledrington Road, London SE19 2BB

Telephone: 020 8778 7167

Email: linda.whitehead@seaa.org.uk

Website: www.SEAA.org.uk

CLUBS & SECRETARIES

23 Mile Running Club - Gary Weir - garyweir1@hotmail.com
26.2 Road Runners Club - Sue Garnish - sue@garnish.co.uk
Abbey Running Club - Lucy Brandon - Abbeyrunningclub@gmail.com
Abingdon AC - Stephen Badcock - Abingdonacsecretary@gmail.com
Achilles Club - Hugh Baker - hugh.b@hotmail.co.uk
Adderbury Running Club - Helen Cooper - helencooper00@gmail.com
Alchester Running Club - Susan Morris - morrisr5@sky.com
Aldershot Farnham & District - Lindsay Badman - lindsay.badman20uk@gmail.com
Alton Runners - Sarah Hart - spolesden@gmail.com
Ampthill & Flitwick Flyers RC - Martin Lees - mblees007@gmail.com
Andover AC - Jane Gillhespy - janechoc@sky.com
Arena 80 AC - Jonathan Pickworth - pickworth27@gmail.com
Army Athletics Association - John Killoran - jkilloran@ascb.uk.com
Ashford & District RRC - Lauren Aldred - lauren.aldred@googlemail.com
Ashford AC - Donna Parrott - donna.parrott@sky.com
Ashford Striders RC - Sharon Gardner - sharong24@gmail.com
Ashford Triathlon Club - Jim Hawkins - jim.hawkins67@gmail.com
ASRA Club - Fatima Alarakha - fatimazara@asraclub.com
Attleborough Athletics Academy - Sarah Sheeran - ssheeran16@sky.com
Avon Valley Runners - Catherine Rose - Cath.rose@virginmedia.com
Axe Valley Runners - Lesley Adams - lesley.adams@hotmail.co.uk
Bad Boy Running Club - Chris Ince - Incecp@gmail.com
Banbury Harriers AC - Sarah Jenkins - SarahDownJenkins@Yahoo.co.uk
Barking Road Runners - Isabel Pinedo Borobio - ipb0510@gmail.com
Barnes Runners - Suzanne Gill - Cyclinsuze@gmail.com
Barnet & District AC - Lynne Cox - lynne.cox84@gmail.com
Basildon AC - Frances Trotter - mrsft@icloud.com
Basingstoke & Mid Hants AC - Ann Henderson - ann8588@hotmail.com
Bearbrook Running & Triathlon Club - Chris Butler - butlerc9@gmail.com
Beccles & Bungay Harriers - Gary Howe - gary.howe@btinternet.com
Beccles Triathlon Club - Justin Brown - justinabrown491@hotmail.com
Beckenham Running Club - Louise Welch - lou_welch@hotmail.com
Bedford & County AC - Allen Adamson - adamson.allen@gmail.com
Bedford Harriers AC - Elaine Massie - elaine.massie.secretary@gmail.com
Belgrave Harriers - Phil Wicks - phil.wicks@hotmail.co.uk
Benfleet RC - Emma Jeffery - emmajeffery1@virginmedia.com
Benson Striders - Anne James - pajames241@gmail.com
Bere Alston Trekkers - Kate Medhurst - krmedhurst@hotmail.com
Best Athletics - Amie Walker - amie@bestathletics.co.uk
Bexhill Runners & Triathletes - Carole Crathern - c.crathern@icloud.com
Bexley AC - Laura Garon - bexleyac.secretary@gmail.com

Bicester AC - Joseph Whelan - jwpercussion@hotmail.co.uk
Bideford AAC - Gemma Steele - runners@bidefordaac.co.uk
Biggleswade AC - Natalie Stokes - natalie.stokes@biggleswadeac.org.uk
Billericay Striders - David Sweet - dave.sweet19@btinternet.com
Bishops Stortford RC - Andrew Pooley - agpooley@aol.com
Blackheath & Bromley Harriers AC - Helga Pullin - helga.pullin@blueyonder.com
Blackwater Valley Runners - Stephen Low - sl.run@marathon-consulting.co.uk
BLC on the Run - Anna Skudder - anna.skudder@yahoo.com
Bodmin Running Club - Jane Stephens - jane@mudcrew.co.uk
Bognor Regis Tone Zone Runners - Ian Buchan - secretary.brtzr@gmail.com
Bournemouth AC - Hazel Bates - hazeljbates1@gmail.com
Bracknell AC - Karen Brown - secretary@bracknellac.com
Bracknell Road Runners - Alastair Ritchie - a_ritchie@hotmail.co.uk
Braintree & District AC - Julie Gane - juliedgane@aol.com
Brandon Fern Hoppers - Julie Hooton - julieh3721@gmail.com
Brentwood Beagles Athletics Club - Barrie Geater - barrie@beagles.org.uk
Brentwood Running Club - Amanda Burke - amandaburke1@sky.com
Bridport Runners - Linda Aird - lpaird@gmail.com
Brighton & Hove AC - Robert Willows - bob.willows@brightonandhoveac.com
Brighton & Hove FrontRunners - Stephen Stevens - stephenstevens1@icloud.com
Brighton & Hove Women's Running Club - Tamsin Turnbull - secretary.bhwrc@gmail.com
Brighton Phoenix - Nick Alexandrou - nickalexandrou@ymail.com
British Airways AC - Steve Hillier - stevehillier@msn.com
BRJ Run and Tri - Kate Ruddock - Katesruddock@gmail.com
Bromley Veterans AC - Gareth Hudson - gareth271@gmail.com
Broxbourne Runners - John Gibson - info@gibfit30.co.uk
Bubble Works Run Community - Ben Peachey - ben@lvm.co.uk
Buckingham & Stowe RC - Laura Penny - lawspurs@hotmail.com
Bude Rats (Run and Tri) - Jane Alexander - Jahutch1@hotmail.co.uk
Bungay Black Dog RC - Clare Webb - webblet@gmail.com
Bure Valley Harriers - Brenda Hutcheon - brenhutcheon@gmail.com
Burgess Hill Runners - Jacqui Sims - jacquisims@talktalk.net
Burnham Joggers - Alison Allen - ali@oceanware.co.uk
Burnham On Sea Harriers - Steven Dorrall - Dorralls72@gmail.com
Calne Running Club - Celia Stevens - celiafstevens@aol.co.uk
Calne SMaRTT - Catherine Cole - cole.buzzard@outlook.com
Camberley & District AC - Christine Burbage - christine.burbage@outlook.com
Cambridge & Coleridge AC - Jayne Thacker - info@cambridgeandcoleridge.org.uk
Cambridge Harriers - Christian Poulton - christianpoulton@me.com
Cambridge Triathlon Club - Teresa Almeida - teresa.almeida.98@gmail.com
Cambridge University Hare and Hounds Club - Maia Hardman - maiahardman@me.com
Canterbury Harriers - PAUL THOMPSON - paulthompson3023@gmail.com
Carn Runners - Zoe Webb - we88zoe@gmail.com
Castle Point Joggers - Charis Newitt - charisnewitt59@gmail.com
Central Park Athletics - Anoushka Johnson - anoushka.johnsons@gmail.com
Chandler's Ford Swifts Running Club - Clare Ramsey - clareramsey29@gmail.com
Chard RRC - Hannah Grinter - hannah.e.grinter@hotmail.com
Chatteris Running Club - Kerry Welcher - kerryjane21@btinternet.com
Chelmsford AC - Nicola Scott - Nickynoodles555@icloud.com
Cherwell Runners & Joggers - Jenny Ballinger - jennyballinger@hotmail.co.uk
Chessington Unity Running Club - Maria Cenalmor - Lcenalmor@gmail.com
Chichester Runners & AC - Winston Bond - winston@thebonds.me.uk
Chiltern Harriers AC - Tony Molesworth - secretary@chilternharriers.com
Chippenham Harriers - John Feerick - secretary@chippenhamharriers.co.uk
City Of Norwich AC - Kathleen Shirley - kathleenshirley@conac.org.uk

City Of Plymouth AC - Paul Crutchley - paul.crutchley25@gmail.com
City Of Portsmouth AC - Lewis Tatt - lewis.tatt@hotmail.com
City Of Salisbury AC & RC - Amy Bearman - pickles06@hotmail.co.uk
City of Southend On Sea AC - Victoria Staines - victoriastaines@blueyonder.co.uk
Clanfield Joggers - Chris Dromey - chrisdromey@hotmail.com
Clapham Chasers - Zoe Aarons - zoe_aarons@hotmail.com
Clapham Pioneers - Bethany Knowles - bethanyknowles5@googlemail.com
Colchester & Tendring AC - simon styles - simon.styles1@btinternet.com
Colchester Harriers AC - Matt Davey - mattdavey1977@gmail.com
Collingwood AC - Robert James - robertjames2@icloud.com
Coltishall Jaguars RC - Rosemary Jackson - rosemary.a.jackson@gmail.com
Compton Harriers RC - Susan Francis - suefrancis@outlook.com
Cornwall AC - Emma Stepto - Stella_uk_1970@yahoo.co.uk
Corsham Running Club - Nick Maryon - nmaryon@aol.com
Cove Joggers - Ailsa Hutchings - ailsahutchings@live.co.uk
Cranbrook Running Club - Kelly Curran - kellycurran84@yahoo.co.uk
Crawley AC - Lorna Lindo - lornalindo@googlemail.com
Crawley Saints & Sinners Running Club - Richard Daniells - richard_daniells@yahoo.com
Crewkerne Running Club - Martin Cook - martin.cook123@btinternet.com
Crowborough Runners - Robert Archer - robert41056@hotmail.co.uk
Croydon Harriers - Amy Dowsett - amyj_91@hotmail.com
Cruisers RC - Becky Golding - becky.golding@yahoo.co.uk
Crystal Palace Fun Runners - Bianca Strohmann - biancastrohmann@hotmail.com
Crystal Palace Triathletes - Jamal Dayes - hello@jam.al
Dacorum Athletics Club - Catherine Woolfrey - dacorum50@yahoo.co.uk
Dagenham 88 Runners - Kresh Veerasamy - kreshveerasamy@gmail.com
Dartford Harriers AC - Loraine Ashton - loraineashton@btinternet.com
Dartford Road Runners - Kyrrie Kay - kyrrie.kay@outlook.com
Dartmouth AAC - Craig Keating - craigkeating@me.com
Datchet Dashers - Samantha Meen - sambbmeen@hotmail.com
Dawlish Coasters - Sarah Edmonds - sarahedmonds2023@outlook.com
Daws Heath Harriers - Aryn Smith - Arynmsmith@gmail.com
Deal Tri Club - Margaret Reidy - res@number1guesthouse.co.uk
Defra AC - David John Hall - stroller49@gmail.com
Dengie 100 Runners - Barbara McDonnell - barbara.mcdonnell59@gmail.com
Denmead Striders - Lisa-Marie Peckover - lisamarie4767@hotmail.com
Dereham Runners AC - Emma Potter-Campbell - pottercampbell@sky.com
Devizes Running Club - Amy Robinson - amyrobinson747@gmail.com
Didcot Runners - Katherine Willetts - kvwilletts@gmail.com
DILI Academy - Dwaine Cyrus - Dwaine.wesleycyrus@gmail.com
Diss and District AC - Emma Ward - emma.ward1809@gmail.com
Dorchester AC - Callum Furjel - kat.furjel@gmail.com
Dorchester RIOT - Adele Elliott - adelehelliott@gmail.com
Dorking & Mole Valley AC - Paula Carter - contact@dmvac.org
Dover Road Runners - James Coultrip - Jcoultrip@icloud.com
DSFRS Running Club - Jamie Town - jtown@dsfire.gov.uk
Dulwich Park Runners - Blanche Armstrong - blanche.armstrong@gmail.com
Dulwich Runners AC - Catherine Buglass - cbuglass@yahoo.com
Dunstable Lions Running Club - Simon Robinson - simon@towncountry.uk.net
Dunstable RRC - Cheryl Currant - cheryl.currant@gmail.com
Ealing Eagles Running Club - Nick Davies - membership@ealingeagles.com
Ealing Southall & Middlesex AC - Helen Leadbetter - hleadbetter@yahoo.co.uk
East Cornwall Harriers - Victoria Ball - victoriaball150@gmail.com
East Essex Triathlon Club - Mike Grout - gmike@gmike.co.uk
East Grinstead & District AC - Edward Vermeer - eddie@thevermeers.co.uk

East Grinstead Runners - Kerry Foster - kerryfoster@hotmail.co.uk
East London Runners - Michael Wilson - Mikeygwilson@outlook.com
Eastbourne Rovers AC - Brian Slaughter - bds210@hotmail.com
Eastern Masters AC - Robert Lands - robert.lands@ntlworld.com
Eastleigh RC - Emma Tyler - emtyler@sky.com
Edmonton RC - Becky Tanner - beckyatanner@gmail.com
Egdon Heath Harriers - Beverley Smith - Beverley.campbell08@yahoo.com
Elmbridge RRC - Zoe Maughan Taylor - zoe@pigletsplace.co.uk
Ely Runners - Laura Upstone - lauraupstone@hotmail.com
Ely Tri Club - Sarah Garrod - chair@elytriclub.co.uk
Enfield and Haringey A C - Barry Cook - barrytcook@btopenworld.com
Enfield Chasers - Stuart Wilkinson - hello@stuartwilkinson.co.uk
Epsom & Ewell Harriers - Christian Glencross - secretary@epsomandewellharriers.org
Epsom Allsorts - Sonya Smith - sonyasmi@googlemail.com
Epsom Oddballs RC - Richard Holmes - holmes1@blueyonder.co.uk
Erme Valley Harriers - Keith Reed - reedy41c@googlemail.com
Eton Manor AC - Mala Singh - malapsingh@nycmail.com
Exeter Harriers - Joanna Fabian - clubsecretary@exeterharrierss.org.uk
Exeter University Athletic Club - Violet Isaacs - graceroy60@hotmail.com
Exmouth Harriers - Hannah Bown - hdupain@hotmail.com
Eye Community Runners - Sarah Short - sarahshort@outlook.com
Eynsford Running Club - Steve Newitt - stvnwtt@gmail.com
Eynsham Road Runners - Stephane Paulus - eynsham.err@gmail.com
Fairlands Valley Spartans - Tracy Pez - tracypez@gmail.com
Falmouth Running Club - Henry Massimo - henry@smassimo.plus.com
Far Runners Faringdon - John Boothroyd - j.boothroyd@gmail.com
Farnham Runners - Julia Tagg - juliatagg@aol.com
Farnham Town Running Club - Sarah "Rosie" Oates - rosiejoates@gmail.com
Farnham Triathlon Club - Susan Tiplady - susantiplady@hotmail.co.uk
Faversham Running Club - Sandra Nelson - FRCClubsecretary@hotmail.com
Felixstowe RRC - Anneli Ostler - carpathius@hotmail.co.uk
Fenland Running Club - Jac Richards - secretary@fenlandrunningclub.co.uk
Finch Coasters - Gina Keech - secretary@fichcoasters.org.uk
Fleet & Crookham AC - Penny Abbott - pka_abbott@yahoo.co.uk
Folkestone Running & Athletics Club - Vicky Scott - vykky84@hotmail.co.uk
Framlingham Flyers - Paul Connick - paulconnick0910@gmail.com
Frome Running Club - Sian Meaney - smeaney@cil.com
Fry Club Joggers - Rozalyn Perkins - Rozalyn@interworx.co.uk
Fulham Running Club - Edward Bruce - ebruce97@gmail.com
Ful-On Tri Club - Cambise Heron - cambise.heron@outlook.com
Gade Valley Harriers - Roland Kendall - rolandkendall@btinternet.com
Garden City Runners - Michael Scutt - michael.scutt@parkrun.com
Gillingham Trotters - Cynthia Phillips - cynthphillips@gmail.com
Gordonian Runners - Mark Bissett - bissettmark@aol.com
Gosport Road Runners - Sophia Hurlo - secretary@gosportroadrunners.org.uk
Grange Farm & Dunmow Runners - Kevin Marshall - kevin.marshall_7@btinternet.com
Gravesend Road Runners - Annabelle Stearns - avstearns@hotmail.com
Great Bentley Running Club - Yolande Arnold - yolande.arnold@hotmail.co.uk
Great Milton Athletics Club - Kate Blanche - ktblnch@gmail.com
Great Yarmouth & District AC - Jim Doran - secretary@gydac.co.uk
Great Yarmouth Road Runners - Courteney Jacobs - gyrrsecretary@gmail.com
Greenwich Tritons Triathlon Club - Lesley McCarthy - Ljb1973@yahoo.com
Guernsey AC - Elizabeth Powell - liz.powell@cwgsy.net
Guildford & Godalming AC - Susanna Harrison - secretary@ggac.co.uk
Hadleigh Hares AC - Fiona Holland - fionaholland77@gmail.com

Hailsham Harriers - Louisa Geer - lou4732@hotmail.com
Halstead RRC - Mandy Humm - Mandy.humm@talktalk.net
Hamwic Harriers Running Club - Josephine Hartley - josephinehartley7@gmail.com
Hamworthy Harriers - Jeannette Pike - jeannette.pike@hotmail.co.uk
Handy Cross Runners - SIMON ADAMS - spadams253@gmail.com
Hardley Runners - Emma Fairbrother - eerogers.88@gmail.com
Harleston Running Club - Sarah Edwards - sarah@simlauk.net
Harling Athletic Club - Kirsty Staddon - kirsty.staddon@btinternet.com
Harlow AC - Adam Garrett - adamharlowac@gmail.com
Harlow Running & Tri Club - Dan Winter - clubsecretary@harlowrunningandtriclub.org.uk
Harold Wood Running Club - Elaine Richardson - elainer.1969@gmail.com
Harpenden Arrows - Sharon Stanley - davidthomas479@btinternet.com
Harrow AC - Kiran Solanki - kiransolanki.1414@gmail.com
Hart Road Runners - Karen Hunt - karen.hunt3@hotmail.co.uk
Harvel Hash House Harriers - Denise Lee - deniselee22@hotmail.co.uk
Harwell Harriers - Tammi Williams - TAMMI.WILLIAMS@HOTMAIL.CO.UK
Harwich Runners - Celine Howlett - celinehowlett46@googlemail.com
Haslemere Border AC - David Bateman - david_a_bateman@btinternet.com
Hastings AC - Marie Crawford - crawfordmarie30@gmail.com
Hastings Runners - Charles Bowley - charlesbowley10@hotmail.com
Hatch Warren Runners - Helen Brooker - helen_brooker73@hotmail.com
Havant AC - Julie Bream - juliebream@hotmail.com
Haverhill Running Club - Susan Marren - susanmarren568@gmail.com
Havering '90 Joggers - Laura Kelly - LLK_Kelly@outlook.com
Havering AC - Anthony Benton - tony.benton2025@outlook.com
Hayes & Harlington Road Runners - Michael HARPER - mjasharper@aol.com
Hayle Runners - Jamie Gore - jamie.gore@hotmail.co.uk
Haywards Heath Harriers - Marion Hemsworth - marionhemsworth@aol.com
Hazlemere Runners - Phoebe Lamb - phoebelamb@sky.com
Headington RR - See Wah Cheng - seewah.cheng@gmail.com
Heathfield Runners - Louise Waghorn - louise.waghorn78@gmail.com
Hedge End Running Club - Timothy Ford - mandtford@tiscali.co.uk
Helpston Harriers AC - Paul Lunn - paul@lunnfamily.com
Henfield Joggers - Paul Crowe - smoggypaul@gmail.com
Hercules Running & Tri Club - Paul Schroder - paulschroder@live.com
Hercules Wimbledon AC - Sheila White - sheila@keatingwhite.co.uk
Herne Hill Harriers - Steven Bosley - steve@envoy-freight.co.uk
Herts Phoenix AC - Catherine Heaney - moriartycatherin@aol.com
Heyford Aardvarks Running Club - Nichola Whelehan - nichola.whelehan@yahoo.com
Highgate Harriers - Michael Dan - m_dan@hotmail.co.uk
Highworth RC - Vinny Colley - lavinia.colley@btinternet.com
Hillingdon AC - Christina Benjamin - cbenjamin1990@yahoo.com
Hitchin Running Club - Jake Amos - jakeamostri@gmail.com
Hockley Trail Runners - Trevor Dobie - trevor.dobie62@gmail.com
Holland Sports AC - Liane Henson - secretary@hollandsportsac.org.uk
Honiton RC - Jennie Sleeman - jennie.sleeman@gmail.com
Hook Norton Harriers - Bethan Greenaway - bethangreenaway@hotmail.com
Hook Runners - Alison McCulloch - Mccullochclan@btinternet.com
Horley Harriers Running Club - Alan Viles - alan_viles@hotmail.com
Horsham Blue Star Harriers - Toni Baxter - tonistarbaxter@yahoo.com
Horsham Joggers - Sok Wah Lee - sokwahlee@leeholgate.co.uk
Horsham Run Fit - Simon Hurst - simonh@tkb.co.uk
Hungerford Hares RC - Beverley Turton - beverleyturton@yahoo.co.uk
Huntingdonshire AC - Wayne DuBose - dubose@enterprise.net
HY Athletic Club - Sonnii Pine - sonnii_p@hotmail.com

Ilford AC - Andrew Catton - ilfordacsec@gmail.com
Ilfracombe Running Club - Chris Burley - ceebeeowl@gmail.com
Impact Athletic Club - Craig Smith - info@impactathleticclub.co.uk
Imperial College Union Cross-Country and AC - Alastar Phelan - atphelan@outlook.com
Independent Intelligent Fitness - Maureen Emmett - memmett57@btinternet.com
Inspire Runners Chichester - Victoria Balandis - vickybal75@gmail.com
Invicta East Kent AC - Hayley Turner - invictaek@gmail.com
Ipswich Harriers - Margaret Leek - leekiem47@gmail.com
Ipswich Jaffa RC - Cheryl Thomas - cherylthomas@hotmail.co.uk
Ipswich Phoenix Running Club - Gavin Horrex - Gavin.Horrex1@hotmail.co.uk
Ipswich Triathlon Club - Hayley Roche - bunnyllama@yahoo.co.uk
Isle Of Wight AC - Nicola Canning - nicolacanning@outlook.com
Istead & Ifield Harriers - June Wicks - juney78@me.com
Itchen Spitfires Running Club - Craig Thorn - Craig.Thorn@Gmail.com
JBR Run and Tri Club - Nigel Carver - nigelcarver1@btinternet.com
Jelly Legs Running Club - Geeta Seegobin - geeta@jelly-legs.co.uk
Kent AC - Jake Simmonds - Jake.english100@gmail.com
Kesgrave Kruisers - Bella Lock - bellamarienicholls@gmail.com
Kidlington Running Club - Megan Simpson - meg.simpson2011@gmail.com
Kingston AC And Poly Harriers - Gareth Perrin - garethperrin@mac.com
Kingston University Athletics Club - Brandon Harrington - sportsclubs@kingston.ac.uk
Lancing Eagles RC - Ian Peters - elvispeters@hotmail.com
Langport Runners - Julie Gilbert - jules1241@icloud.com
Larkfield Athletics Club - Carrie Hitchman - c.hitchman@hotmail.co.uk
Launceston Road Runners - Jenna Dunmore - jenna1911@hotmail.co.uk
Leigh-on-Sea Striders - Lisa Westwick - l.westwick.338@btinternet.com
Leighton Buzzard Athletic Club - Michael Furness - michaelfurness90@aol.com
Leighton Buzzard Triathlon Club - Stephen Goodlad - steve.goodlad1@gmail.com
Lewes AC - Alex Sutton - secretary@lewesac.co.uk
Lifts and Sprints Athletics Academy - Kerrie Ariana - kerriearianа@gmail.com
Lingfield RC - Graeme Bennett - grmben@btinternet.com
Liss Runners - Liz Avery - lizhead02@hotmail.com
Little Baddow Ridge Runners - Andrew Ritchings - andrewritchings@btinternet.com
Littledown Harriers - Suzanne Janes - suzannejanes20@gmail.com
London City Runners - Natascha Starr - natascha.starr24@gmail.com
London Frontrunners - Christos Bitzis - secretary@londonfrontrunners.org
London Heathside - Andrew Hudson - ap.hudson@btinternet.com
Longstanton and Northstowe Limpers - Charlotte Smallman - clrsmallman@gmail.com
Lordshill Road Runners - Louise Higgs - louj1983@hotmail.co.uk
Loughton AC - Zoe Oldfield - zoe_c_smith@yahoo.co.uk
Lowestoft Road Runners - Ernst Erhard Manuel Nicolaus - manuel_nicolaus@yahoo.com
Luton Athletic Club - Tara Murphy - tara-quinn@hotmail.co.uk
Lymington Triathlon Club - Paula Higgins - higginspaulaj@gmail.com
Maidenhead AC - Benita Scaife - benitascaife@yahoo.co.uk
Maidstone Harriers Run & Tri Club - Tim Hilder - timhilder@gmail.com
March AC - Mark Godfrey - mjg07@hotmail.com
Marlborough Athletics - Paul Warren - argyle2925@gmail.com
Marlborough Running Club - Clare Kellar - clare@kellar.co.uk
Marlow Striders - Ann Bowles - ann.bowles@outlook.com
Marshall Milton Keynes AC - Fiona Flaherty - fiona@fionaflaherty.co.uk
Meads Runners - Joanne Heath - jweller78@googlemail.com
Medway and Maidstone AC - Jeannette Turner - jeannetteturner29@yahoo.co.uk
Medway Tri - Ruth Murphy - ruth0882@hotmail.com
Mel's Milers Jogging Club - Ann Williams - williams.ann@btinternet.com
Mendip Athletic Club - Peter Grosjean - petergrosjean56@gmail.com

Mendip Triathlon and Running Club - Claire Gray - clairetastic86@googlemail.com
Metropolitan Police AC - Alison Lapper - alison.lapper@tiscali.co.uk
Metros RC - Stephen Alder - steve@alderfamily.uk
Michelle's Running Group - Jordan Caulfield - Clubsecretary@michellesrunninggroup.co.uk
Mid Essex Casuals - John Clarke - jclarke1960@icloud.com
Mid Sussex Triathlon Club - Mandy Dale - mandydalesa@gmail.com
Midhurst Milers - Helen Saelensminde - helen.saelensminde@gmail.com
Mile High - Andrew Martin - beads@hotmail.co.uk
Milocarian AC - Gavin McAllister - gavinmcallister@msn.com
Milton Keynes Distance Project - Kyle Bennett - K.K.Bennett@lboro.ac.uk
Momentum Track Club - Mark Purser - markpurser@me.com
Mornington Chasers - Anna Patterson - annapatterson202@gmail.com
Mote Runners - Alan Probert - probertam@icloud.com
NEJ Running Club - Paul Brown - paul@dbwf.co.uk
Netley Abbey Runners - Sarah Hughes - Sarah.hughes@doctors.org.uk
New Forest Junior AC - Robert Norris - norris_rw@yahoo.co.uk
New Forest Runners - Mario Sheath - mario.sheath@sky.com
Newbury AC - Steven Barnes - stevebarnes177@hotmail.com
Newham & Essex Beagles AC - Nina Hepburn - nebvicesecretary@gmail.com
Newmarket Joggers AC - Sergio Pelado - pelado76@hotmail.co.uk
Newquay & Par AC - Ian Dibbens - ian.dibbens@btinternet.com
Newquay Road Runners - Angela White - angela@whitemoor.com
Newton Abbot AC - Janice Hindle - jankhindle@yahoo.co.uk
Norfolk Gazelles AC - Scott Belmonte - org@scottbelmonte.com
Norfolk Harriers RC - Felicity Hopper - felicity_ward85@hotmail.com
North Cotswold Tri & Run - Dawn Coley - dawn.coley1@btinternet.com
North Devon AC - Tim Sharpe - tanglemead@gmail.com
North Herts Road Runners - Joanne Sopala - jo.sopala@hotmail.co.uk
North Norfolk Beach Runners - Gav Dent - gav.dent@me.com
North Norfolk Harriers Athletics Club - Rachel Cubitt - rachelcubitt1981@gmail.com
Norwich Road Runners - Niki Park - niki.park12@gmail.com
Nuclear Races Striders - samantha alexander - striders@nuclear-races.co.uk
Okehampton RC - Cathy Belford - catalinaisabela@hotmail.com
Olney Runners AC - Michelle Ramsden - fredasmum@gmail.com
Olympia Athletics - Carla Mae Meenehan - carlamholcombe@hotmail.com
On the Run Aylesbury and Pitstone - Judith Simmons - judithsimmons4@gmail.com
Orion Harriers - Andrea Macqueen - andreamacqueen@hotmail.com
Orpington Road Runners - Allan Tweddle - a.tweddle1@icloud.com
Orwell Panthers AC - Anita Abbott - naco.abbott@btinternet.com
Overton Harriers & AC - Sarah McCann - neilmccann@talktalk.net
Oxford Brookes University Athletics Club - Brookes Athletics - athletics@brookes.ac.uk
Oxford City AC - Anett Fegyveres-Nagy - admin@oxfordcityac.com
Oxford Tri - Stuart Faulkner - faulknerstuart@hotmail.com
Oxford University AC - Charlotte Morton - mortonc988@gmail.com
Paddock Wood AC - Steve Chivers - stevechivers103@gmail.com
PB Racing - Peta Bee - pbracingsquad@gmail.com
Peacehaven Run Club - Sarah Isaacs - clubsecretary.prc24@gmail.com
Peterborough & Nene Valley AC - Elaine Larkins - cookelaine@btinternet.com
Petts Wood Runners - Daniel Selman - PWR.secretary@gmail.com
Pewsey Vale RC - John Summers - ajohnsummers@btinternet.com
Phoenix Striders - Joy Leader - joymleader@yahoo.co.uk
Pitsea RC - Thomas Smalley - thomasrichardsmalley@gmail.com
Plumstead Runners - David Cheung - drdcheung@gmail.com
Plymouth Falconers - Caroline Easton - carolineeaston1@gmail.com
Plymouth Harriers - Anne Marshall - anneandy1@blueyonder.co.uk

Plymouth Musketeers Running Club - Kris Jones - kjones20@sky.com
Plymstock Road Runners - Steve Rose - secretary.plymrr@gmail.com
Polegate Plodders - Rachel Moran - rachelmoran1@yahoo.co.uk
Poole AC - Ann Deverill - anndeverill@icloud.com
Poole Runners - Laura Peach - laura_peach@hotmail.co.uk
Portslade Hedgehoppers - Zoe Cherryman - zoe.cherryman@gmail.com
Portsmouth Joggers - Sue Hyson - suehyson@btinternet.com
Portsmouth Triathletes - Emma Hey - brit82girl@yahoo.com
Pound Hill Pounders - Michelle Morley - Michelle_Maccrossen@hotmail.com
Purbeck Runners - Christopher Simmonds - csimmonds1973@gmail.com
QBE Running Club - Julia Semple - julia.semple@uk.qbe.com
Queens Park Harriers - Roma Denetto - romadenetto@gmail.com
Radley Athletic Club - Sasha Panagiotidis - pankali@hotmail.co.uk
Radley College Harriers - Daniel Studley - danstudleyrun@gmail.com
Ramsey Road Runners - Andrew Jarvis - andrew_jarvis@hotmail.co.uk
Ranelagh Harriers - Trevor Maguire - trevoramag@btinternet.com
Ravens City of London Running Club - Alexandra Anderson - alexandra.anderson1972@gmail.com
Ravens School Runners - Gavin Fage - robert_the_bruce77@yahoo.co.uk
Reading AC - Julie Rayfield - julierayfield@mac.com
Reading Roadrunners - Mike Worsfold - gensec@readingroadrunners.org
RED (Rochford Endurance & Distance) Runners - Terry Fulton - terrymunich2012@gmail.com
Redway Runners - David Argent - d-argent@sky.com
Reepham Runners - Lin Bolton - lin.bolton@btinternet.com
Reigate Priory AC - Ruth Willis - Ruth.m.willis@icloud.com
Riverside Harriers - David Oughton - davee.oughton@gmail.com
Riviera Racers - Leanne Crawford - leanne.crawford@zohomail.eu
Rochford Running Club - Joanne Colby - Joannecolby@sky.com
Romsey Road Runners - Thomas Charnock - thomasleecharnock@hotmail.com
Royal Wootton Bassett Hounds RC - Tania O'Halloran - tjoh1967@gmail.com
Royston Runners - Ian Brown - ian.brown@entec.co.uk
Run Academy Worthing - Andrew Saych - Andrew.saych@sky.com
Runhead AC - Jessica Johnson - jessicaajohnson91@gmail.com
Runners-Next-the-Sea - Kerrie Coslett - kerriecoslett@yahoo.co.uk
Runnymede Runners - Haydn Bratt - haydn@mindset.uk.com
RunWednesdays - Colin Burbage - cburbage@btinternet.com
Rushmere Community Runners - Tracy Ratcliffe - tracyratcliffe@btinternet.com
Ryde Harriers - James Darling - jamesdarling11@hotmail.com
Ryston Runners - George Pettit - g.m.pettit@outlook.com
S Factor Athletics Academy - Jennifer Campbell - admin@sfactoracademy.co.uk
Saffron Striders RC - Linda Brett - mail@lindabrett.co.uk
Saint Edmund Pacers - Matt King - matt.mk.king@hotmail.co.uk
Sandhurst Joggers - Maureen Willcox - mowillcox@hotmail.com
Sawtry Running Club - Anna-Marie Cooper - a-m-cooper@hotmail.co.uk
Saxmundham Sports Running & Fitness Club - Tina Church - tinachurch123@gmail.com
Seaford Striders RC - Kay Crush - kaycrush@hotmail.co.uk
Seafront Shufflers - Debbie Summers - debbie.summers143@yahoo.co.uk
Serpentine Running and Triathlon Club - Catkin Shelley - catherine.shelley@gmail.com
Seven:Ten AC - Colette Dunne - colettendunne@yahoo.co.uk
Sevenoaks AC - Neil Haggertay - neilhaggertay@outlook.com
SHAEF Shifters Running Club - Nick Rowe - nickrowe1066@gmail.com
Shaftesbury Barnet Harriers - Philip Cunningham - billylow@ntlworld.com
Shefford Runners - Jonathon Hawkins - Jonathon.hawkins@btinternet.com
Shenley Striders - Michael Morris - michaelmorris617@icloud.com
Sherfield Park Runners - Claire Pickersgill - clairedunn1@me.com
Sittingbourne Striders - Nicola Campbell - campbellnicky1@googlemail.com
SLGR - Michelle Loader - qprchelle@hotmail.com

Slough Junior AC - Francesca Amechi - francesca.rowland@hotmail.co.uk
Solent Running Sisters - Louise Ann Hillier-Wheal - Louiseann@hotmail.com
South Cambridge Striders - Andrew Aldridge - secretary@southcambridgestriders.org.uk
South Devon AC - Shaun Kirk - Shaun.kirk@sky.com
South Kent Harriers - Lana Wright - secsouthkentharriers@gmail.com
South London Harriers - Stephen Clancey - steve.clancey@protonmail.com
South Molton Strugglers - Samantha Parkhouse - fooksamantha@yahoo.co.uk
South West Athletics Academy - Sonya Ellis - sonyaellis2@gmail.com
South West Road Runners - Amy Cudmore - amy.cudmore@btinternet.com
South West Veterans AC - Jill Harrison - jillsharrison@me.com
South Woodham Runners - Paul Davis - pauljamesdavis@gmail.com
Southampton Athletic Club - Diane Reavey - jdreavey@talktalk.net
Southampton Triathlon Club - Nicola Cooke - Nicky.cooke1@gmail.com
Southampton University Athletics & Cross Country Club - Benjamin Wood - benwood2@virginmedia.com
Southern Counties Veterans AC - Anthony Rea - tonyrea465@yahoo.co.uk
Southwark Athletics Club - Mat Barber - mat_barber@hotmail.com
Springfield Striders RC - David Rayner - dvdrynr@live.co.uk
SS Athletics - Jake Young - jb_young@live.com
St Albans Striders - Joe McCormick - joe_mccormick@hotmail.com
St Austell Running Club - Jacqui Martin - jacquim0803@gmail.com
St John's Running Club - vicki poole - vickipoole1@hotmail.co.uk
St Mary's Calne Sports Centre Running & Triathlon - Tracy Thompson - tracy@circletrust.co.uk
St Mary's Richmond AC - Kim Weir - kimw@blueyonder.co.uk
St Mary's University Athletics Club - Craig Winrow - craig.winrow@stmarys.ac.uk
St Neots Riverside Runners - Jemma Hicks - jemma_hicks01@hotmail.co.uk
St Neots Triathlon Club - Daniel O'Regan - daniel_oregan20@hotmail.co.uk
Stevenage & North Herts AC - Helen Pickard - helenpickard1@aol.com
Stevenage Phoenix Running Club - Melissa Tanti - secretary@stevenagephoenix.org.uk
Steyning AC - Suzanne Ford-Dunn - suzanne_fd@hotmail.com
Stock Exchange AC - Andrew McLauchlan - andrew_mclauchlan@hotmail.com
Stopsley Striders - Kate Warren - secretary@stopsleystriders.org.uk
Stowmarket Striders RC - Jo Stephenson - jo.stephenson@mail.com
Striders Of Croydon - Michael Smaldon - michael.smaldon@gmail.com
Stubbington Green Runners - Julie Dinwoodie - secretary@stubbingtongreenrunners.net
Sudbury Court Running Club - Louis Smyth - louis.smyth@btinternet.com
Sutton & District AC - Samantha Lazou - clubsecretarysutton@live.co.uk
Sutton Runners - Martin Newton - martin61n@gmail.com
Sutton Striders - Maisie Buckland - Maisie.buckland@yahoo.co.uk
Swale Combined AC - Paul Churcher - pchurcher01@yahoo.co.uk
Swale Tri Club - Anna Roughley - anna.roughley@gmail.com
Swanley & District AC - Andy Dunmall - andyd_hrs@hotmail.com
Swindon Allstars - Jane McNeill - janemcneill38@gmail.com
Swindon Harriers - Steve Connolly - steve.connolly@ukgateway.net
Swindon Striders - Peter Gilder - petejgilder@gmail.com
Tadley Runners - Emily Long - emilyclaireboyce@gmail.com
Tadworth AC - Alan Imeson - alanimeson1@gmail.com
Tamar Trotters - Ellie Peck - ellieflower28@googlemail.com
Taunton AC - Kim Hill - secretary@tauntonac.org
Tavistock AC - Carole Walters - Caroleswalters@btinternet.com
Tavistock Run Project - Mark Baker - kanapark1768@gmail.com
Team Bodyworks - Yvette Clark - yvettextc@live.co.uk
Team Devizes - Moonrakers AC - Michelle Cox - m.cox9016@gmail.com
Team Kennet Triathlon & AC - Lisa Holmes - secretary@teamkennet.com
Teignbridge Trotters - Liz Barnett - ebarnett1@sky.com
Thame Runners - Steve Graham - thamerunners@stevediane.net

Thames Hare & Hounds - Simon Molden - simon@scmolden.co.uk
Thames Turbo Triathlon Club - Robert Hart - secretary@thamesturbo.co.uk
Thames Valley Harriers - William Buckley - wdmbuckley@gmail.com
Thames Valley Triathletes - Tracy Suff - secretary@thamesvalleytri.com
Thamesmead Running Club - Sarah Mctigue - sarah.mctigue@yahoo.com
Thanet AC - Linda Hardy - linda.d.hardy@btinternet.com
Thanet Roadrunners AC - Julie Williams - julie.11.williams@gmail.com
The Stragglers Running Club - Anne Woods - Annew1961@gmail.com
Thetford AC - Corrina Turner - corrina.lv.turner@gmail.com
Thorney RC - Tracy Moore - cgmooore1@gmail.com
Thurrock Harriers - Jonathan Metcalf - jmetcalf04@hotmail.com
Tiptree Road Runners - Alex Hadley - alexhadley@hotmail.co.uk
Tiverton Harriers - Jeffrey Curd - jeffcurd@aol.com
Tonbridge AC - Daniel Paterson - secretary@tonbridgeac.org.uk
Torbay AAC - Nick Robinson - nick_grandad@yahoo.com
Torbay Tri Club - Mark Colombini - Markcolombini@hotmail.com
Torrington AAC - Ann Pearce - ann.lonie@hotmail.co.uk
Totton RC - Dorothea Kennard - dotkennard@gmail.com
Trent Park Running Club - Julie Mimnagh - julie_m_121@yahoo.co.uk
Tri Surrey Triathlon Club - Stephen Clancey - steve.clancey@protonmail.com
Tri Tempo Eastbourne - Jacqui Hemsley-Lane - jacqui.lane5@icloud.com
Tri-Anglia Triathlon Club - Julia Kennelly - julia.kennelly@btinternet.com
Tring RC - Madelaine Pendrigh - obrien.madelaine@gmail.com
Tuff Fitty Triathlon Club - Graham Liddell - secretary@tufffittytri.club
Tunbridge Wells Harriers - Colin Ricketts - colin@thericketts.co.uk
Twemlow Track Club - Paul Chapman - pchapman79@icloud.com
Uckfield Runners - Stephen Green - sjneerg@gmail.com
UCL Running Athletics & Cross Country Club - Akira Wellsteed - zcsaeaw@ucl.ac.uk
UFFO Athletic Satellite Clubs - Mohammed Ismail - uffoathletic@gmail.com
University of Bath Athletics Club - Matthew Brown - m.brown1375@gmail.com
University of Plymouth Athletics Club - Rebecca Kealy - rebecca.kealy@btinternet.com
University of Portsmouth Athletics Club - Dennis Savage - t.s.savage88@gmail.com
University of Winchester - Holly Crowther - holly.crowther@winchester.ac.uk
Vale Of Aylesbury AC - Ben Riley - Ben-riley-3@outlook.com
Vectis Academy Race Team - Darren Cole - darrencole88@googlemail.com
Veterans AC - Ros Tabor - ros.tabor49@gmail.com
Victoria Park Harriers and Tower Hamlets AC - Simon Wharton - simon@wharton-family.org
Victory AC - Christine Riddington - christine.riddington@hotmail.co.uk
Wadhurst Runners - Giles Clark - g.clark3003@gmail.com
Walton AC - Lizzie Amos - lizziewilliams99@hotmail.com
Ware Joggers - Richard Coffey - richard@ncspropertymaintenance.co.uk
Wargrave & Twyford Runners - Sean Jones - Seanpmjones@hotmail.com
Warminster Running Club - James Bradshaw - bradshaw_james@hotmail.co.uk
Watford Harriers - Lisa Richards - lisarichards3172630@hotmail.com
Watford Joggers - Victoria Williams - vickywatford@googlemail.com
Waveney Valley AC - Peter Lang - dtm@europe.com
Waverley Athletics Club - Paul Bingham - waverley365@gmail.com
Waverley Harriers - Philippa Smyth - philippa.smyth@gmail.com
Weald Tri Club - Tim Allen - Tim.allen5@hotmail.co.uk
Wellness Warriors on the Run - Helen Ludgate - hludgate.77@hotmail.co.uk
Wells City Harriers - Alexander Coombs - alexander.coombs@email.com
Werrington Joggers - Sue Merritt - oldgreydude@ntlworld.com
West 4 Harriers - Rachel Haldane - rachel1991h@googlemail.com
West Norfolk AC - Jen Gosnell - Gosnelljenny@gmail.com
West Suffolk AC - Michelle Wilson - Mich.wilson14@gmail.com

West Wight Road Runners - Mike Maliphant - wwrrmshipsecretary@hotmail.com
West Worthing Runners - Jem Lee - jem@wwc.org.uk
Westside Runnas UK - Tess Jones - tessaleejones@yahoo.co.uk
Weymouth St Pauls Harriers - Tracy Moore - weymouthathletics@gmail.com
Wheathampstead Warriors - Sam BLACKMORE - Sam.blackmore74@yahoo.co.uk
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 - theannedavies@gmail.com
Wimborne AC - Glyn Davies - Glynjen50@gmail.com
Winchester & District AC - Paul Cox - paulcox90@googlemail.com
Winchester Fit Club RC - Jennifer Lawson - jen-lawson@outlook.com
Winchester Running Club - Cathy Kinnear - ckinnearuk@aol.com
Windle Valley Runners - Jill Hopkins - jillvhopkins@gmail.com
Windrush Triathlon Club - Katharine Bond - Katharine_bond@hotmail.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 - Emily Court - emilycourt0@gmail.com
Worthing Striders - Kayleigh Hudson - harriskayleighl@aol.com
Wycombe Phoenix Harriers & AC - Paul Burton - pburton@gmail.com
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 - Virginia Mitchell - virginia.mitchell@young-athletes.co.uk
Zero to Hero Runners - Helen Randell - Helen-randell@hotmail.co.uk
Zoom Tri Club Bournemouth - Aoife Clancy - aoifey@yahoo.com

ENGLISH CROSS COUNTRY ASSOCIATION

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 14 Girls	3.5 kms	Under 14 Boys	3.5 kms
Under 16 Girls	4.5 kms	Under 16 Boys	4.5 kms
Under 18 Women	5 kms	Under 18 Men	6 kms
Under20 Women	6 kms	Under 20 Men	8 kms
Senior Women	8 kms	Senior Men	12 kms

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 on 31st August within the Competition Year

(Note: the Competition Year runs from 1st October to the following 30th September)

Under 14 Girls (12/13 years old)	Under 14 Boys (12/13 years old)
Under 16 Girls (14/15 years old)	Under 16 Boys (14/15 years old)
Under 18 Women (16/17 years old)	Under 18 Men (16/17 years old)
Under 20 Women (18/19 years old)	Under 20 Men (18/19 years old)
Senior Men (at least 20 years old)	Senior Women (at least 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 fasted 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 Treasured.

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 litigous 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
    - maps.
    - programmes.
    - duty lists
    - emergency actions and radio protocols and
    - 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.

SPORTSSHOES.COM

ENGLISH CROSS COUNTRY ASSOCIATION

English National Cross Country Relays 2026

Berry Hill Park, Mansfield, NG18 4JR, on Saturday 31st October 2026 at 10:50am

Please NOTE that ALL entries to be done Online: www.race-results.co.uk/natxcrel26e

10.50am	**Junior Women** (3x2.5K)	Ages 18 & 19 years on 31st August 2027
10.50am	**Under 18 Women** (3x2.5K)	Ages 16 & 17 years on 31st August 2027
11.26am	**Under 14 Boys** (3x2K)	Ages 12 & 13 years on 31st August 2027
11.50pm	**Under 14 Girls** (3x2K)	Ages 12 & 13 years on 31st August 2027
12:15pm	**Mixed 4 x 1.6k relay**	Age must exceed18 years on 31st August 2027
12.40pm	**Junior Men** (3x3k)	Ages 18 & 19 years on 31st August 2027
12.40pm	**Under 18 Men** (3x3K)	Ages 16 & 17 years on 31st August 2027
1.06pm	**Under 16 Girls** (3x2K)	Ages 14 & 15 years on 31st August 2027
1.30pm	**Under 16 Boys** (3x2K)	Ages 14 & 15 years on 31st August 2027
1.50pm	**Senior Women** (3x3K)	Age must exceed 20 years on 31st August 2027
2.40pm	**Senior Men** (4x5K)	Age must exceed 20 years on 31st August 2027

---

1. Clubs can nominate 12 names per Senior Men's team and 9 for all other teams entered (except mixed relay – see below).

   i.e. a maximum of 36 names for 3 Teams entered in Senior Men and 27 for 3 Teams entered in all other age groups. For the mixed relay, clubs may enter a maximum of 6 male and 6 female athletes for each team entered.

2. Teams for the mixed 4 x 1.6k relay must comprise 2 x male and 2 x female athletes, with the running order being entirely at the club's discretion. It is essentially a senior race, but open to all athletes aged 18 or over on 31.8.27.

3. The U18 and U20 (Junior) events are now run together, but will be separately categorised in the results.

4. Clubs can enter a maximum of three teams in any one age group

5. Entries must all be done online.

6. The entry fee is £65 for senior men's relay (team of 4), £65 for the mixed 4 x 1.6k relay, and £50 for all other relays (team of 3)

7. UKA Rules for Competition apply.

8. As the closing date for entries is only two weeks before the date of competition, athletes cannot change their designated first claim club after entries have been made.

9. 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 2026

10. 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.

11. 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.

12. Race information will be sent by email after the closing date

.

13. Only names entered can compete, no substitutions are allowed, all athletes **MUST** be registered with England Athletics

14. Closing date for entries is **Friday 16th October 2026**.

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

13.08.2026

SPORTSSHOES.COM



www.englishcrosscountry.co.uk