



# NORTHAMPTONSHIRE ATHLETIC ASSOCIATION

## NORTHAMPTONSHIRE A A CROSS COUNTRY CHAMPIONSHIPS DELAPRE PARK, LONDON ROAD, NORTHAMPTON NN4 8AR SATURDAY 6TH JANUARY 2024

(Under UKA Rules)

Northamptonshire Athletic Association Annual Cross Country Championships for all club and school athletes who qualify by: 1) By Birth or 2) By 9 months continual residence in the County

Race	Age as specified	Distance (Metres)	No. to Score	Start Time
Under 11 Girls & Boys	9 or 10 on the day & 10 on 31/8/23	2,000	3	11.30
Under 13 Girls & Boys	11 or 12 on 31.8.23	3,500	3	11.45
Under 15 Girls & Boys	13 & 14 on 31.8.23	4,000	3	12.05
Under 17 Women	15 & 16 on 31.08.23	4,000	3	12.05
Under 17 Men	15 & 16 on 31.8.23	5,660	3	12.40
Under 20 Women Senior Women	17, 18 & 19 on 31.08.23 20 on 31.8.23	5,660	No u20 3 SW	12.40
Under 20 Men	17,18 & 19 on 31.8.23	9,324	no	1.15
Senior Men	20 on 31.8.23	9,324	6	1.15

Awards will be to the first three individuals and first three teams in each category.

Junior men/women will count for individual awards, Masters (by age) enter as seniors (eligible to score for the senior team) 6 to score.

First claim members of out of County clubs may compete for their second claim county club if they a) meet the eligibility requirements above; b) are fully paid up second claim members of the club they are representing; c) do not compete in any other County Championships

Please note that U20's will score in the **senior team only**. (No U20's team awards)

The XC County Masters Championships will be included in the Kettering Charity Cup Races on Saturday 9th December 2023 @ Wicksteed Park, Kettering.

Selection for the Inter Counties races will be first 6 over the line with the remaining places being chosen at a selection meeting. To be considered for selection for the Inter-Counties you MUST have entered the NAA Champs, even if you are not available on 6th January. To be available for selection you may write a letter to the selection committee, explaining your absence and asking to be considered for selection, giving reasons why

your recent performances justify this. **All letters must be received before the end of the County Championship races on 6th January 2024.**

Changing facilities & refreshments are available at Delapre Park. No showers.

All car parking is at Northampton University Waterside Campus NN4 8RR.

Charges apply £1.30 for 3 hours.

Delapre Abbey carpark is for patrons of the tea rooms only. (There will be parking available for officials).

Presentation of awards will take place as soon as possible after each race

**NORTHAMPTONSHIRE A A CROSS COUNTRY CHAMPIONSHIPS**  
**DELAPRE PARK, LONDON ROAD, NORTHAMPTON NN4 8AR**  
**SATURDAY 6TH JANUARY 2024**

**NAME:** \_\_\_\_\_

**AGE GROUP** \_\_\_\_\_ **M/F** \_\_\_\_\_ **DOB** \_\_\_\_\_

**EA Registration** (Except School athletes)

\_\_\_\_\_

**CLUB/SCHOOL** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

\_\_\_\_\_ **POSTCODE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**TELEPHONE** \_\_\_\_\_ **MOBILE** \_\_\_\_\_

**SIGNED BY ATHLETE** \_\_\_\_\_

\_\_\_\_\_ (Parent/guardian signature if under 18)

**Will you be available to race in the Inter Counties Cross Country? Yes / No (please advise)**

**County Qualification:** Birth  Residence  Please tick

**Venue - Prestwold Hall, Loughborough, LE17 5SQ, Saturday 9th March 2024**

**Closing Date: Wednesday 27th December 2023 Late Entries will not be accepted.**

**Entry Fees:** Under 17 **£6.00** Over 17 **£8.00**

**Numbers to be collected on the day at the registration desk.**

**Contact email address - [randn.enquiry@virginmedia.com](mailto:randn.enquiry@virginmedia.com)**