



# 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 in the county or 2) By 9 months continuous residence prior to competition in the County.

<b>Race</b>	<b>Age as specified</b>	<b>Distance (Metres)</b>	<b>No. to Score</b>	<b>Start Time</b>
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	11.50
Under 15 Girls & Boys	13 & 14 on 31.8.23	4,000	3	12.15
Under 17 Women	15 & 16 on 31.08.23	4,000	3	12.15
Under 17 Men	15 & 16 on 31.8.23	5,660	3	12.45
Under 20 Women Senior Women	17, 18 & 19 on 31.08.23 20 on 31.8.23	5,660	No u20 3 SW	12.45
Under 20 Men	17,18 & 19 on 31.8.23	9,324	no	1.30
Senior Men	20 on 31.8.23	9,324	6	1.30

**Entry Fees:** Under 17 **£6.00** Over 17 **£8.00**. **Closing date: 23rd December 2023**

The female race is for people who were born as female. The male race is open to all genders.

All athletes must wear a club or representative vest.

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

### **Awards**

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.

Presentation of awards will take place as soon as possible after the race.

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.

### **Inter Counties**

Selection for the Inter Counties Championships (all age groups under 13 & above) will be the first 6 over the line, with the remaining places being chosen at a selection meeting. To be considered for selection for the Inter-Counties team, you **MUST** have entered the NAA Champs, even if you are not available on 6th January. To be available for selection, you must inform 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.**

Inter Counties Cross Country Championships - **Saturday 9th March 2024.**  
**Prestwold Hall, Loughborough, LE17 5SQ,**

### **Online entry only**

Entry via the online roster system <https://meets.rosterathletics.com/public/competitions/details/about?id=24452>

### **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).

Refreshments will be available at Delapre Park.

### **Anti-doping rules**

An entrant shall be deemed to have made him/herself/their self, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry, whether or not the licence holder is a citizen of, or resident in the UK.

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

**Northamptonshire AA website is at <http://www.northantsathletics.org.uk>**