NORTHAMPTONSHIRE ATHLETIC ASSOCIATION

NORTHAMPTONSHIRE A A CROSS COUNTRY CHAMPIONSHIPS
ABINGTON PARK, NORTHAMPTON, NN3 3HN
SATURDAY 3RD JANUARY 2026

(Under UK Athletics Rules)
EA Licence Number

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 31/8/25	2,000	3	11.45
Under 20 Men	17, 18 & 19 on 31.08.25	10,000	no	12.00
Senior Men	20 on 31.8.25	10,000	6	12.00
Masters Men	35 on 3.1.26	10,000	4	12.00
Under 15 Girls & Boys	13 & 14 on 31.08.25	5,000	3	12.55
Under 13 Girls & Boys	11 or 12 on 31.8.25	3,000	3	1.25
Under 17 Women & Men	15 & 16 on 31.08.25	6,000	3	1.45
Under 20 Women	17,18 & 19 on 31.8.25	6,000	no	1.45
Senior Women	20 on 31.8.25	6,000	3	1.45
Masters Women	35 on 3.1.26	6,000	3	1.45

Closing Date: Saturday 20th December 2025 **Late Entries will NOT be accepted**

Entry Fees: Under 17 **£6.50**

Over 17 **£8.50**

Numbers to be collected on the day at the registration desk

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

Junior & Masters Men/Women will count for individual awards.

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

The female races are for people who were born as female. The male races are Open to all genders. All athletes (ages U13 upwards) must be UKA affiliated and have a valid EA registration on the day of the competition. U11's can enter as unregistered. All athletes must wear a club or representative vest UKA Rules TR5 S1 (advertising) (clothing) and TR5 S2 (numbers) apply.

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).

Masters can score in both the Masters & Senior Teans

The rule for the Inter-Counties selection remains in place for 2026.
An athlete MUST enter the County XC Champs to be eligible for selection to represent their County. This applies even if you are not available to compete at the County Champs. The first six over the line in their age group will automatically be selected for the Inter-Counties Championships, with the remaining places being chosen on merit.

Important information

The Inter-Counties XC Championships takes place on **Saturday 7th March 2026** at Nottingham. Any athlete NOT available for the County XC Champs or for some reason doesn't compete on the day and wants to be considered for the Inter-Counties, MUST e-mail the Chairman Terry Egan terry602511@yahoo.co.uk with your request. Please give a brief summary of recent performances that would justify your selection.
All correspondence must be received by the end of the County Championship races on January 3rd 2026. NO REQUESTS WILL BE ACCEPTED AFTER THIS DATE.

All Entries via Roster Athletics:

https://meets.rosterathletics.com/public/competitions/details/about?id=27630

UKA Anti-Doping

All participants (including athletes and athletes support personnel) in any licensed event are bound to UK Athletics 'anti-doping rules and must make themselves familiar with these rules. Organisers of licensed events are expected to cooperate with UK Anti-Doping with regards to any code-compliant anti-doping investigations and proceedings linked to their event or participants in their event, and to include the following statement

regarding anti-doping compliance, provided by UKAD, within their event registration process:

"An entrant shall be deemed to have made himself/herself/themself, 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 entering the event, whether the participant is a citizen of, or resident in, the UK."

Car parking information

There is no onsite parking. There is free on-street parking available on the roads surrounding Abington Park, though it will be busy, so please try and car-share with other athletes.