NORTHAMPTONSHIRE SCHOOLS

ATHLETIC ASSOCIATION

CROSS COUNTRY CHAMPIONSHIPS

Saturday 17th January 2026

Abington Park, Northampton

Hosts: Northampton

GENERAL INFORMATION

All start times are approximate; athletes should be in the start area 10 minutes before the stated start time. Runners will be called to the start line 5 minutes before the start by officials for a course briefing.

TEAM MANAGERS should return completed forms to the results area, so that results can be produced quickly.

AGE GROUPS

UNDER 11		Year 5
UNDER 13	Minors	Year 6 and 7
UNDER 15	Juniors	Year 8 and 9
UNDER 17	Intermediates	Year 10 and 11
UNDER 19	Seniors	Year 12 and 13

Please ensure athletes are in the correct age group.

ELIGIBILITY

An athlete is eligible to compete if their school is in Northants and is affiliated to the N.S.A.A.

F.E. COLLEGE STUDENTS: "students in post compulsory full time continuous education in colleges of F.E. and, in respect of which are not in receipt of payments are eligible to compete ……

This excludes all part time students, including those on block release".

E.S.S.A. Handbook

ABINGTON PARK

NORTHAMPTON

SATURDAY 18th JANUARY 2025

10.00 AM START

Order of races and approximate start times.

It is the responsibility of Managers and athletes to be in the start area 10 minutes before the start of their race. Please note some races may start before the previous race has finished.

Race	Start Time	Age	Route	Distance
1	10:00	U11 Girls	1 x small lap starting at P	1800 mtrs
2	10:15	U11 Boys	1 x small lap starting at P	1800 mtrs
3	10:30	U13 Girls	1 x large lap	2500 mtrs
4	10:50	U13 Boys	1 x large lap	2500 mtrs
5	11:10	U15 Girls	2 x small laps	3350 mtrs
6	11:30	U17 Girls	2 x small laps starting at P	3750 mtrs
6	11:30	U19 Girls	2 x small laps starting at P	3750 mtrs
7	11:55	U15 Boys	2 x small laps	3350 mtrs
8	12:15	U17 Boys	2 x large laps	5000 mtrs
8	12:15	U19 Boys	2 x large laps & 1 x shorter lap	6150 mtrs

AWARDS AND PRESENTATIONS

MEDALS **To the first three individuals**

COUNTY TEAM SELECTION

Athletes who finish in the top 18 will be given a selection slip as they leave the funnel. THEY MUST TAKE THIS TO THE COUNTY SECRETARY IN THE TENT BEFORE THEY GO HOME. They will then receive a Selection/Reserve letter. If they do not wish to be selected they must tell the County Secretary.

FAILURE TO REPORT TO THE COUNTY SECRETARY MAY MEAN THAT THEIR PLACE GOES TO ANOTHER ATHLETE.

ANGLIAN TROPHY MEETING

Saturday 31 January 2026 Abington Park

The first 14 are automatically selected; the next 4 are initially named as reserves. After appeals have been considered and results have been checked 2 more will be added to the team.

APPEALS MUST BE PUT IN WRITING TO THE COUNTY SECRETARY BY THE DISTRICT SECRETARY ON THE APPROPRIATE FORM BEFORE THE FIRST RACE.

ENGLISH SCHOOLS CHAMPIONSHIPS

Saturday 14 March 2026, Sefton Park, Liverpool

The County Champion will be provisionally selected with their place confirmed upon competing at the Anglian meeting. The next 6 best placed athletes in each of the U15, U17 and U19 age groups at the Anglian are added to the team. The final place in each team will be selected by the Cross Country Team Managers, who will take other Championship and League races into consideration.

The Northamptonshire Schools Cross Country Team Managers' decision is final and binding. No correspondence will be entered into.

UNDER 13's DO NOT compete at the All England.

COUNTY CROSS COUNTRY SECRETARY Mrs Louise Sharp
Northampton School for Girls
01604 402811

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PLEASE NOTE

U19 COMPETITORS MUST RUN WITH A NUMBER ATTACHED TO THEIR VEST. Failure to do this will result in a disqualification or DNS being recorded. Please ensure your runners have these pinned on from the start.