



National Cross Country Relays 2018

Saturday 3rd November 2018

Berry Hill Park, Mansfield, Nottinghamshire NG18 4JR

Please NOTE that ALL entries to be done Online : www.race-results.co.uk/results/2018/natxcrele.php

10.45am	Junior Womens (3x2.5K) Ages 17-18-19 as at 31st August/1st September 2018
10.57am	Under 17 Women (3x2.5K) Ages 15 & 16 years as at 31st August/1st September 2018
11.26am	Under 13 Boys (3x2K) Ages 11 & 12 years as at 31st August/1st September 2018 11 years on day of competition
11.50pm	Under 13 Girls (3x2K) Ages 11 & 12 years as at 31st August/1st September 2018 11 years on day of competition
12.15pm	Junior Men (3x3k) Ages 17-18-19 as at 31st August/1st September 2018
12.40pm	Under 17 Men (3x3K) Ages 15 & 16 years as at 31st August/1st September 2018
1.06pm	Under 15 Girls (3x2K) Ages 13 & 14 years as at 31st August/1st September 2018
1.30pm	Under 15 Boys (3x2K) Ages 13 & 14 years as at 31st August/1st September 2018
1.50pm	Senior Women (3x3K) Age must exceed 20 years as at 31st August/1st September 2018
2.40pm	Senior Men (4x5K) Age must exceed 20 years as at 31st August/1st September 2018

- Clubs can nominate 12 names per Senior Men's team and 9 for all other teams entered.
i.e. Max of 36 names for 3 Teams entered in Senior Men and 27 for 3 Teams entered in all other age groups.
- Entries must all be done online.
- The entry fee is £37 for senior men's relay (x4) and £27 for all other relays (x3)
- Normal first claim and age group rules apply.
- 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 January 1st 2018
- 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.
- Clubs are required to complete and sign a declaration form on the day from names on the entry list via the online system.
- Race information will be sent by email after the closing date.
- Only names entered can compete, no substitutions are allowed, all athletes **MUST** be registered with England Athletics
- Closing date for entries is **Friday 12th October 2018**.