



Northern Athletics
In association with
Sheffield Running Club
Presents



Northern Cross Country Relay Championships

**Incorporating The Cutler's Relay & South Yorkshire Cross
Country Relay Championships (Under UKA Rules)**

Permit CC2024/1265

**At Graves Park,
Sheffield, Saturday
19th October 2024**

Timetable of Events

| Time | Event | Stages | Distance |
|-------|-----------------------------------|--------|----------|
| 11:00 | Under 17 Women | 3 | 2300m |
| 11:05 | Under 17 Men | 3 | 2300m |
| 11:35 | Under 11 Girls | 3 | 1500m |
| 11:40 | Under11 Boys | 3 | 1500m |
| 12:05 | Under 13 Girls | 3 | 1800m |
| 12:10 | Under 13 Boys | 3 | 1800m |
| 12:40 | Under 15 Girls | 3 | 2000m |
| 12:45 | Under 15 Boys | 3 | 2000m |
| 13:10 | Senior Women | 3 | 2 miles |
| 14:05 | Senior Men 'The Cutlers Relay' | 4 | 2 miles |

To use our online entry system please go to:

www.race-results.co.uk and follow the instructions.

CLUB COLOURS & VEST/CROP TOP ALL OF THE SAME DESIGN MUST BE WORN

Clubs may submit a maximum of 9 names per team (3 Stage) or 12 names per team (4 Stage) There is no restriction on the number of teams a club may enter. .

Closing date for entries 11th OCTOBER 2024

Age Groups

| | | |
|--------|-------------|---|
| U11 | Competitors | 8, 9 & 10 years on 31st August/1st September 2024. <i>(Note for information: The race is not a Northern championship event, but is a South Yorkshire championship event)</i> |
| U13 | Competitors | 11 & 12 years on 31st August/1st September 2024 |
| U15 | Competitors | 13 & 14 years on 31st August / 1st September 2024 |
| U17 | Competitors | 15 & 16 years on 31st August / 1st September 2024 |
| Senior | Competitors | 17 years and over on 31st August / 1st September 2024 |

Entries

All entries must be submitted through www.race-results.co.uk . Entry fees as below.

| | |
|------------------|---------------------------|
| U17/U15/U13 /U11 | £24.00 per team |
| Senior Women | £27.00 per team (3 Stage) |
| Senior Men | £36.00 per team (4 Stage) |

Conditions of Entry

- **Entries from Clubs will only be accepted if the Club is currently affiliated to BOTH Northern Athletics and England Athletics.** Team members MUST be first claim members of that club only (inc. U11) AND those U13 upwards registered with England Athletics. **England Athletics Registration Numbers MUST be included. Athletes without registration numbers will not be accepted. (U11 athletes are exempt from this condition)**
- Any Foreign Athletes in the team MUST also be currently registered with UKA as Foreign Athletes. All team and athlete affiliation will be verified prior to the event. A club can enter as many foreign athletes as they wish but only 2 may run in each declared team
- Entries **must** be submitted via the official online entry system and the correct fees paid at the time of entry
- Late & incorrectly submitted entries will be rejected by the entry portal
- Acknowledgement of entry will be by return email and final instructions will be emailed prior to the event
- Clubs that run ineligible or unregistered runners will be disqualified and may have their entry refused for the 2025 event
- All Northern Athletics Clubs affiliated to England Athletics are eligible to enter the 2024 ECCA National Relay Championships regardless of affiliation to NA

Prizes & Awards

Northern Championships

Championship medals will be awarded to the first 3 'A' teams to finish (male & female) in each age group excluding U11 age group. (NB: Non Championship event. Awards will be made to the first three U11 teams)

If a club finishes more than one team then the team finishing highest is declared to be their 'A' team and the other their 'B' team. The first 'B' team to finish will win 'B' team medals. (Bronze) Fastest lap medals will be awarded for all championship races

South Yorkshire AA Championships

Championship medals will be awarded to the first 3 teams to finish (male & female) in each age group (Minimum of 4 teams per age group) entered in the South Yorkshire Championships