

# **NORTHAMPTONSHIRE A A CROSS COUNTRY CHAMPIONSHIPS**

## **WEST GLEBE PARK, CORBY- NN17 1SZ**

**SATURDAY 7 TH JANUARY 2012**

(Under UKA Rules)

Northamptonshire Athletic Association's Annual Cross Country Championships for all athletes who qualify by: 1) By Birth 2) By 9 months continual residence in County

<b>Race</b>	<b>Age as specified</b>	<b>Distance (Metres)</b>	<b>No. to Score</b>	<b>Start Time</b>
1 Under 15 Girls	13/14 on day & U15 on 31.8.11	4,000	3	12.00
2 Under 13 Girls	11/12 on day & U13 on 31.8.11	3,000	3	12.15
2 Under 13 Boys	11/12 on day & U13 on 31.8.11	3,000	3	12.15
3 Under 15 Boys	13/14 on day & U15 on 31.8.11	5,000	3	12.30
3 Under 17 Ladies	15/16 on day & U17 on 31.8.11	5,000	3	12.30
4 Under 11 Girls/ 4 Under 11 Boys	9 or 10 on day	2,000	3	12:33
5 Under 17 Men	15/16 on day & u17 on 31.8.11	6,000	3	12.55
5 Junior Women 17/18/19 on day & u20 on 31.8.11		6,000		12:55
5 Senior Women Over 20 on 31.8.11		6,000	3	12:55
6 Junior Men 17/18/19 on day & u20 on 31.8.11		10,000		1.30
6 Senior Men Over 20 on 31.8.11		10,000	6	1.30

Junior Men/ Women will count for individual awards but will, along with all Masters (by age) be eligible to score for the Senior team award. The County Masters' Championships will be included in the Kettering Charity Cup Races on December 10 th 2011.

Awards to the first three individuals and first three teams

Selection for the Inter Counties races: first 6 with the remaining places being chosen at a selection meeting. To be available for selection, runners **MUST** have entered the County Championships.

Entries on official entry forms only. Incomplete entries **will not be accepted**.

Changing and refreshments available.

