

EASTERN ATHLETIC ASSOCIATION

2015 CROSS COUNTRY CHAMPIONSHIPS

under UKA / ECCA rules

Date:- Saturday 21st November 2015

Venue:- Hillyfield, Colchester

EVENTS	DISTANCE	TIME
Under 13 Girls	3000 Metres	12:00
Under 13 Boys	3000 Metres	12:15
Under 15 Girls	4000 Metres	12:30
Under 15 Boys	4000 Metres	12:50
Senior Men	12000 Metres	13:10
Under 20 Men	8000 Metres	13:10
Under 17 Women	6000 Metres	14:10
Under 20 Women	6000 Metres	14:10
Senior Women	6000 Metres	14:10
Under 17 Men	6000 Metres	14:40

Ages as at 31st August / 1st September 2015 as per UKA rules

ENTRY FEES :-

TEAMS :- 6 to score in Senior Mens ONLY & 3 to score in all other age groups

INDIVIDUALS;- £8.00 for Senior Men/Women & U20 Men/Women and £6.00 all other age groups. Cheques or Postal Orders must be made payable to the 'EAA'.

AWARDS:-

Plaques will be awarded to the first three placed competitors and the scoring team members of the first three placed teams in each age group.

Plaques will also be awarded to the first three placed competitors in the Veteran Mens V40, V50, V60 sections and the Womens V35 and V45.

Veterans will run in the Senior Events.

QUALIFYING CONDITIONS:-

Team Runners MUST be First Claim members of their Club according to UKA/ECCA rules. Athletes MUST run in their Club Colours and runners who do not observe this rule may be disqualified. Substitutions are NOT allowed to compete and everyone running on the day MUST have their names in the programme.

ENTRIES CLOSE :-

Entries Must arrive no later than Friday 6th November 2015. Complete the attached form [photocopy for any additional needs] and return with relevent fee to J.G.R.Mower
188 Hadleigh Road, IPSWICH. Suffolk. IP2 0DH. Telephone No. 01473 216289

LATE ENTRIES WILL NOT BE ACCEPTED

Entry Acknowledgements and details will be sent out within a week of the closing date.