

SUFFOLK COUNTY ATHLETIC ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS

Under UKA & E.C.C.A.Rules

**Sunday 5th January 2020, at Culford School, IP28 6TX
First Event 11.30 a.m.**

There is only an on-line entry procedure and the closing date is **15th December 2019**

ON LINE ENTRY IS AT: <http://www.race-results.co.uk/results/2020/suffolkxce.php>

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

TEAM AWARDS:- 1st 2nd AND 3rd - Medals and Trophy (where appropriate)

INDIVIDUALS:- 1st 2nd AND 3rd - Medals and Trophy (where appropriate)

SENIOR MEN and SENIOR WOMEN teams must be declared 30 minutes prior to the start of the race,
otherwise it will be one team only.

In all other races the first three home will be the scoring team.

Entry fees

Senior and Under 20's £10.00

U11, U13, U15 & U17 £8.00

**Please note:- Any audio devices must not be used.
Any athlete using headphones during a race will be disqualified.**

COUNTY QUALIFICATION is by a) BIRTH

b) By nine month's continuous bona fide residence

c) By service in a Unit of HM Forces stationed in the County

Age Groups

U11's Born on or between 05.01.09 and 05.01.11

U13's Born on or between 01.09.06 to 05.01.09

U15's Born on or between 01.09.04 to 31.08.06

U17's Born on or between 01.09.02 to 31.08.04

U20's Born on or between 31.12.00 to 31.08.02

Seniors Born on or before 31.12.00

Timetable

Event 1	U11 Girls and U11 Boys together				2Km	11.30	
Event 2	U13 Girls	3Km	11.45	Event 3	U13 Boys	3Km	12.00
Event 4	U15 Girls	4Km	12.15	Event 5	U15 Boys	4Km	12.35
Event 6	U17 Women	5Km	12.50	Event 7	U20 Women	6Km	13.05
Event 8	Senior Women	10Km	13.05	Event 9	U20 Men	8Km	14.05
Event 10	Senior Men	10Km	14.05	Event 11	U17 Men	6Km	14.40

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TIMETABLE CULFORD SCHOOL 2020

- Race 1, 11.30am** Under 11 Girls and Boys 2 Kilometres, 2 x 1Km loops
Start - A - B - K - A - J - A - B - K - A - J - Finish.
- Race 2, 11.45am** Under 13 Girls 3 Kilometres, 1Km Loop Plus 2Km Loop
Start - A - B - K - A - J - A - B - C - G - H - I - K - A - J - Finish.
- Race 3, 12.00pm** Under 13 Boys 3 Kilometres, 1Km Loop plus 2Km Loop
Start - A - B - K - A - J - A - B - C - G - H - I - K - A - J - Finish.
- Race 4, 12.15pm** Under 15 Girls 4 Kilometres, 2 x 2 Kilometre Loops
Start - A - B - C - G - H - I - K - A - J - A - B - C - G - H - I - K - A - J -
Finish.
- Race 5, 12.35pm** Under 15 Boys 4 Kilometres, 2 x 2 Kilometre Loops
Start - A - B - C - G - H - I - K - A - J - A - B - C - G - H - I - K - A - J -
Finish.
- Race 6, 12.50pm** Under 17 Women 5 Kilometres 1Km Loop plus 4Km Loop
Start - A - B - K - A - J - A - B - C - D - E - F - C - G - H - I - K - A - J -
Finish
- Race 7, 13.05pm** Under 20 Women 6 Kilometres 2Km Loop plus 4Km Loop
Start - A - B - C - G - H - I - K - A - J - A - B - C - D - E - F - C - G - H -
I - K - A - J - Finish
- Race 8, 13.05pm** Senior Women 10 Kilometres 2K Loop plus 2 x 4Km Loops
Start - A - B - C - G - H - I - K - A - J - A - B - C - D - E - F - C - G - H -
- I - K - A - J - A - B - C - D - E - F - C - G - H - I - K - A - J -
Finish.
- Race 9, 14.05pm** Under 20 Men 8 Kilometres 2 x 4Km Loops
Start - A - B - C - D - E - F - C - G - H - I - K - A - J - A - B - C - D - E -
- F - C - G - H - I - K - A - J - Finish
- Race 10, 14.05pm** Senior Men 10 Kilometres 2K Loop plus 2 x 4Km Loops
Start - A - B - C - G - H - I - K - A - J - A - B - C - D - E - F - C - G - H -
I - K - A - J - A - B - C - D - E - F - C - G - H - I - K - A - J -
Finish.
- Race 11, 14.40pm** Under 17 Men 6 Kilometres 2Km Loop plus 4Km Loop
Start - A - B - C - G - H - I - K - A - J - A - B - C - D - E - F - C - G - H -
- I - K - A - J - Finish.