

SUFFOLK COUNTY ATHLETIC ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS

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

Sunday 9th January 2022, at Nowton Park, Bury St Edmunds, IP29 5LU
First Event 11.30 a.m.

There is only an on-line entry procedure and the closing date is **19th December 2021**

ON LINE ENTRY IS AT: <http://www.race-results.co.uk/results/2022/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 10.01.11 and 09.01.13

U13's Born on or between 01.09.08 to 09.01.11

U15's Born on or between 01.09.06 to 31.08.08

U17's Born on or between 01.09.04 to 31.08.06

U20's Born on or between 01.01.03 to 31.08.04

Seniors Born on or before 31.12.02

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	8Km	13.05	Event 9	U20 Men	8Km	14.05
Event 10	Senior Men	10Km	14.05	Event 11	U17 Men	6Km	14.40

Mark Goddard

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TIMETABLE NOWTON PARK 2022

- Race 1, 11.30am** Under 11 Girls and Boys 2 Kilometres, 2 x 1Km loops
- Race 2, 11.45am** Under 13 Girls 3 Kilometres, 1 x 3Km loop
- Race 3, 12.00pm** Under 13 Boys 3 Kilometres, 1 X 3Km loop
- Race 4, 12.15pm** Under 15 Girls 4 Kilometres, 1 x 4Km Loop
- Race 5, 12.35pm** Under 15 Boys 4 Kilometres, 1 x 4 Km Loop
- Race 6, 12.50pm** Under 17 Women 5 Kilometres 1 x 1Km then 1 x 4Km Loop
- Race 7, 13.05pm** Under 20 Women 6 Kilometres 2 x 3Km Loops
- Race 8, 13.05pm** Senior Women 8 Kilometres 2 x 4Km Loops
- Race 9, 14.05pm** Under 20 Men 8 Kilometres 2 x 4Km Loops
- Race 10, 14.05pm** Senior Men 10 Kilometres 2 x 3Km then 1 x 4Km Loop
- Race 11, 14.40pm** Under 17 Men 6 Kilometres 2 x 3Km Loops