

SUFFOLK COUNTY ATHLETIC ASSOCIATION

CROSS COUNTRY CHAMPIONSHIPS

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

Sunday 3rd January 2027, at Nowton Park, Bury st Edmunds , Suffolk, IP29 5LU
First Event 11.30 a.m.

There is only an on-line entry procedure and the closing date is **26th December 2026**

ONLINE ENTRY OPENS HERE AT 12 NOON OCTOBER 31st

<https://my.raceresult.com/428227/>

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 TEAMS are the first four athletes to finish.
 In all other races the first three home will be the scoring team.
 There are no team declarations required for any of the races.

Entry fees

Senior and Under 20's £14.00
 U12, U14, U16 & U18 £12.00

Please note:- Audio devices are not permitted whilst racing.
Any athlete using these devices 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

U12's Born on or between 01.09.15 to 31.08.17 (School years 5 and 6)
 U14's Born on or between 01.09.13 to 31.08.15 (School years 7 and 8)
 U16's Born on or between 01.09.11 to 31.08.13 (School years 9 and 10)
 U18's Born on or between 01.09.09 to 31.08.11 (School years 11 and 12)
 U20's Born on or between 01.01.08 to 31.08.09
 Seniors Born on or before 31.12.07

Timetable

Event 1	U12 Girls and U12 Boys together						2 Km	11.30
Event 2	U14 Girls	3 Km	11.45		Event 3	U14 Boys	3 Km	12.00
Event 4	U16 Girls	4 Km	12.15		Event 5	U16 Boys	4 Km	12.35
Event 6	U18 Women	5 Km	12.50		Event 7	U20 Women & U18 Men	6 Km	13.05
Event 8	Senior Men	10 Km	13.30		Event 9	Senior Women & U20 Men	8 Km	14:30

Ian Gooderham

ian.gooderham1@btinternet.com