

# Humberside Athletic Association

## 44<sup>th</sup> Annual Humberside Cross Country Championships

(Under UKA. & E.C.C.A Rules Permit/licence No.2019025)

### Saturday, 5<sup>th</sup> January, 2019

### Quibell Park, Scunthorpe

Championship medals for the first 3 runners in all races and the first 3 teams of affiliated clubs in all races. Teams - 3 to score in all races except Senior Men, which is 6 to score. First 3 eligible athletes per club/school (SM - 6) to constitute 'A' team and pro rata. Championship medals to the first 3 Veterans in each Senior race. There will be Non Championship races for Under 11's.

Age Group	Approx Distance	No. to score a team	Age Qualification	Entry Fee	ApproxTime
Under 11 Girls	2,000 metres	Three	U 11 on Jan. 10th	£5.00	11.15.a.m.
Under 11 Boys	2,000 metres	Three	U 11 on Jan 10th	£5.00	11.15 a.m.
Under 13 Girls	2,700 metres	Three	11 or 12 years	£6.00	11.40 a.m.
Under 13 Boys	2,700 metres	Three	11 or 12 years	£6.00	11.40 a.m.
Junior Men *	8,000 metres	Three	17,18 or 19 years*	£7.00	11.50 a.m.
Under 15 Girls	4,500 metres	Three	13 or 14 years	£6.00	12.30 p.m.
Under 15 Boys	5,000 metres	Three	13 or 14 years	£6.00	1.00 p.m.
Under 17 Women	5,000 metres	Three	15 or 16 years	£6.00	12.55 p.m.
Senior Men	10,000 metres	Six	20 years and over	£7.00	1.45 p.m.
Senior Women	10,000 metres	Three	20 years or over	£7.00	1.50 p.m.
Junior Women *	6,500 metres	Three	17, 18 or 19 years*	£7.00	2.30 p.m.
Under 17 Men	6,500 metres	Three	15 or 16 years	£6.00	2.30.p.m

Competitors must run in their own age groups (except Veterans who run in their respective Senior Event. Under 11's do not need a County Qualification, as their event is not of championship status.)

Under 11's will run together but Girls and Boys be separated in the results.

Ages taken as at midnight August 31st/September 1st, 2018. Year 6 pupils who have reached the age of 11 between that date and the date of competition must compete as under 13's.

All competitors, except Under 11's, must have a Humberside Qualification, either by birth, or 9 months residence (in the Unitary Authorities which form Humberside) immediately prior to the Championship - this rule may be relaxed, on application to the entry secretary, for Junior aged athletes and younger {UKA Rule 9 (10)} but it does not confer a county qualification.

Humberside teams for the UK CAU Inter County Championships (all age groups except U11's, at Prestwold Hall, Prestwold Loughborough LE12 5SH on 9<sup>th</sup> March, 2019) will be selected later - athletes who do not compete in the County Championship must have an extremely good reason for not doing so, if they are to be considered for Humberside teams, however only the first 6 in each race will have automatic selection for the Inter County Championships.

**\*NB Juniors (Men & Women) who have their 20<sup>th</sup> birthday on or before 31<sup>st</sup> December 2019 MUST compete in the Senior Championship if they are to be considered for selection for the UK CAU Inter County Championships as they are run under IAAF Rules.**

**Postal Entries to :-Edwin Bellamy 17 Parkdale, Barton on Humber, DN18 5EQ Tel :-01652 633422**

*Payment and entry can also be made on-line via PayPal. Use the e-mail [humbersideaa@aol.co.uk](mailto:humbersideaa@aol.co.uk) and pay using PayPal into the account 'humbersideaa' **This will incur an extra fee of £1** on top of the total entry fees as below, to cover PayPal administration charges. i.e. If making more than one entry add an extra £1 to the total of the individual entry fees. **Please enclose completed copy/ copies of the entry form** – entries will be acknowledged when payment is received.*

**Closing Date :-Monday, 23rd December, 2018 at the latest - please submit earlier if possible.**

**Entry Fees:-Under 11, £5 Under 13, Under 15, Under 17-£6.00; Under 20, Seniors & Vets £7.00 Entries on-line are £1 more than the above fees**

**Cheques payable to "Humberside A.A."**

**44<sup>th</sup> Annual Humberside Cross Country Championships,**

**Quibell Park, Scunthorpe**

**Saturday January 5<sup>th</sup>, 2019**

Under UKA Rules -Permit No. 2019025

Humberside Championships are open to individuals who were born, or have lived continuously for 9 months immediately prior to the Championship, in the area now covered by the unitary authorities of the East Riding of Yorkshire, Kingston upon Hull, North Lincolnshire and North East Lincolnshire and have not competed in the Championship/s of any other County in the same calendar year. Residence or birth in the areas covered by the four unitary authorities does not confer the right to compete in the Championship/s of any other County.

**Complete & delete as appropriate.** I am qualified for Humberside Championship because I was born at \_\_\_\_\_(place) (Under 11's do not need a Championship qualification as their event is not a Championship but must be under 11 on January 5th, 2019).

I wish to enter the **(please circle your age group)** U11G/U13 G/ U15G /U17W/ U20W/ SW /U11B / U13B /U15B /U17M / U20M/ SM race

Family Name \_\_\_\_\_ Forename \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Tel. No. \_\_\_\_\_

E-mail .....(This is to aid contacting you if selected for Inter Counties).

Club ..... COMPETITION Licence No.(over 11's only) .....

Date of Birth : ..... Indicate if a veteran (Over 35on the day of competition). .....

I enclose entry fee of £ \_\_\_\_ (£5.00 U11's, U13's, U15's, U17's / £6.00 Under 20, Seniors. Vets £7

(Unattached £2 extra) Cheques payable to Humberside A.A.

Signature: ..... Date: .....

Entries to E.Bellamy, 17 Parkdale, Barton on Humber, DN18 5EQ by Monday, 23rd, December 2019.

Tel 01652 633422 e-mail ebellath@aol.com

**An athlete who has his/her 20<sup>th</sup> birthday before 31<sup>st</sup> December 2019 will be a Senior for Inter County selection purposes and MUST run in the Senior Championship if he/she is to be considered for Inter County selection as a Senior.**

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