



2nd BIRTLEY CROSS COUNTRY RELAYS

INCORPORATING NORTH EAST MASTERS ATHLETICS ASSOCIATION
OPEN CROSS COUNTRY RELAYS

(UNDER UKA RULES, Permit applied for)

SUNDAY 19th JANUARY 2020

AT LORD LAWSON OF BEAMISH ACADEMY, BIRTLEY, DH3 2LP

TEAMS of 3, 2 laps of 1500m

ENTRY FEE £15.50 per team

RACE 1 10.00 MASTERS M35-44, M45-54, M55-65, M65+

- All masters must be first claim members of NECAA clubs

RACE 2 11.00 SENIOR WOMEN/MASTERS WOMEN
W35-44, W45-54, W55-64, W65+

RACE 3 11.50 SENIOR MEN

PRIZES: Team awards will be presented on the day, full results/individuals prizes may be presented if time allows

Race 1 Winning teams, NEMAA medals to 1st 3 age category teams, Fastest leg awards in 5 year categories, M35, 40, 45, 50, 55, 60, 65,70+

Race 2 1st 3 Senior Women`s teams, winning masters teams, fastest legs as above + SW

Race 3 1st 3 teams and fastest leg

RACE CONDITIONS: Teams must be declared at least 20 minutes before the start time

Age group prizes will only be awarded in declared master`s teams

Age on the day (or age group) must be specified on declaration sheet. Masters athletes may down age, with age group of youngest team member determining the team category.

First claim runners only

Strict colours rule UKA 143 S1 (3)

Seniors must be 16 years or over on January 19th

The promoters will accept no liability for any loss or damage to equipment and clothing or for any injuries while competing

NB IN GATESHEAD SCHOOLS THERE IS A STRICT NO DOGS POLICY WITHIN SCHOOL GROUNDS.

**Online entries available on the Birtley AC website birtleyac.co.uk
There will be no entries on the day.**

CLOSING DATE JANUARY 17th 2020.