



# 6th Birtley Cross Country Relays

inc. NECAA/NEMAA Open Cross Country Relay Champs



**Sunday 12<sup>th</sup> January 2025**



(under UKA rules, permit CC2024/1323)

At Lord Lawson of Beamish Academy, Birtley, DH3 2LP

Teams consist of 3 legs (approx. 3k each leg), entry fee £18 per team

- Race 1 10:00 Masters Men (teams of ten year age groups)
- Race 2 11:00 Senior/Masters women (Masters as above)
- Race 3 11:50 Senior Men

NEMAA medals to first 3 age category teams and fastest legs in race 1 and 2. NECAA awards to first three masters men, masters women, senior women, senior men, U20 men, U20 women and fastest legs.

## Race Rules

Seniors must be 16 or over on 12<sup>th</sup> January

Teams must be declared at least 20 minutes before start time. Composite teams may compete but will not be eligible for medals.

Age group medals will only be awarded in master's teams. Masters must be 35+

All athletes must be first claim members of NECAA clubs. Membership of NEMAA is not a requirement for masters teams.

Strict colours rule UKA 453 S1 (3)

Promoters will accept no liability for loss or damage to equipment or clothing, or any injuries arising from competing. Sorry, strictly no dogs allowed on site.

Due to increasing costs, parking is £2 – please carshare where possible.

Entries open 29<sup>th</sup> November on Birtley AC website

<https://www.birtleyac.co.uk/our-races.html>

**Closing date 5pm 10<sup>th</sup> Jan 2025**