

Humber Athletic Association

45th Annual Humber Cross Country Championships

(Under UKA. & E.C.C.A Rules - Licence No. 2020027)

Sunday, 5th January, 2020

Weelsby Woods, Grimsby, DN32 8PW

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 | Age Qualification (on 31/08/19) | No. required to score a team | Approximate Distance | Approximate Time | Entry Fee |
|------------|--|------------------------------|----------------------|------------------|-----------|
| U11G | 9 or 10 years on 5 th Jan 2020 | Three | 2000m | 11:15 | £5.50 |
| U11B | 9 or 10 years on 5 th Jan 2020 | Three | 2000m | 11:15 | £5.50 |
| U13G | 11 on 5 th Jan 2020 or 12 years | Three | 3400m | 11:40 | £6.50 |
| U13B | 11 on 5 th Jan 2020 or 12 years | Three | 3400m | 11:40 | £6.50 |
| U15G | 13 or 14 years | Three | 4200m | 12:00 | £6.50 |
| U15B | 13 or 14 years | Three | 4600m | 12:45 | £6.50 |
| U17W | 15 or 16 years | Three | 4600m | 12:45 | £6.50 |
| U17M | 15 or 16 years | Three | 6400m | 14:45 | £6.50 |
| JW* | 17,18 or 19 years | Three | 6400m | 14:45 | £7.50 |
| JM* | 17,18 or 19 years | Three | 7800m | 12:00 | £7.50 |
| SW & above | 20 years and over | Three | 9600m | 13:35 | £7.50 |
| SM & above | 20 years and over | Six | 11800m | 13:30 | £7.50 |

***NB Juniors (Men & Women) who have their 20th birthday on or before 31st December 2020 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.**

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 will be separated in the results.

Ages taken as at midnight August 31st/September 1st, 2019. 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, at Prestwold Hall, Prestwold Loughborough LE12 5SH on 7th March, 2020 will be selected later (all age groups except U11's). 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.

Only the first 6 in each race will have automatic selection for the Inter County Championships.

Closing Date - 1pm Monday, 23rd December, 2019 – please submit earlier if possible

Entry Via Online (only) - <https://events.Englandathletics.org/>

<https://events.Englandathletics.org/event/humber-athletic-association--45th-annual-cross-country-championships/profile>

Contact

HumberAA.Events@gmail.com

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Please note the following

The Weelsby Woods Course

Is an established XC. The course consists mainly of grassland with some up and down slopes and wooded paths, sometimes quite muddy.

Numbers & Registration

At the café area just to the left of the entrance to Weelsby Woods, where we will have the recording room. Maps of the course and race times will be on display here.

The races are expected to run as per timetable and competitors should report 10 minutes before the start of their race. The course will be well marshalled by marshals in high visibility vests. Please report to them if you drop out of a race. There will be full First Aid cover.

Parking

There is free parking on the Weelsby Woods site and at the KGV Stadium.

Please note:

KGV stadium closes at 2pm, so please park outside of the track.

You should allow 10 – 15 minutes for the walk from KGV to the start in Weelsby Woods..

Weelsby Road

Is a busy main road and you are advised to cross over to the stadium by using the traffic lights.

Portaloos

Will be on site but there are no other toilets or changing facilities in Weelsby Woods.

Presentations

These will take place as soon as possible after the finish of each race in the café area.

We hope you will have a successful and enjoyable day.

Cafe

The café at Weelsby Woods will be open all day for hot food and drinks

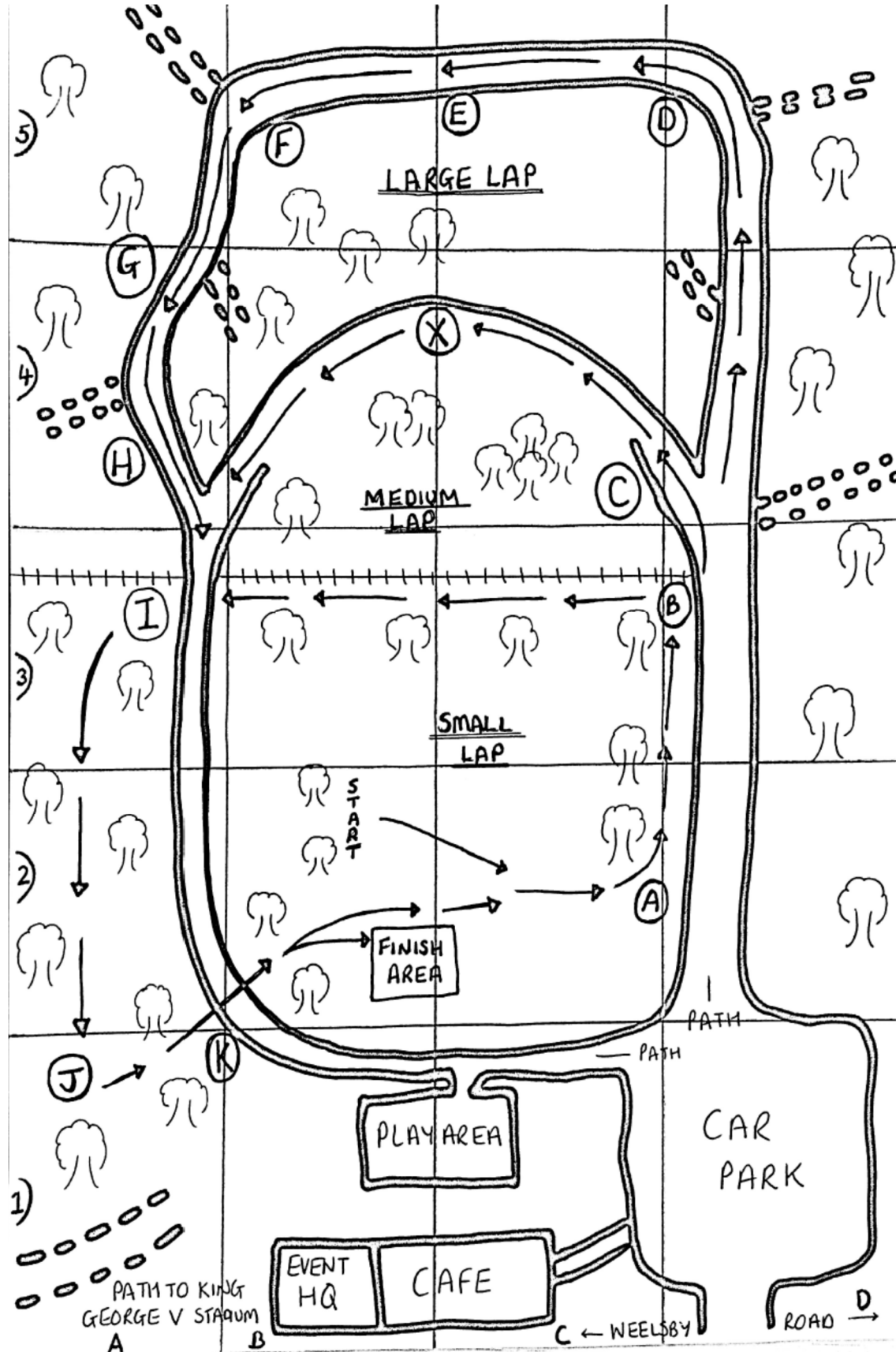
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| Approx Time | Age Group | Approx Distance | Route on map |
|-------------|----------------|-----------------|---|
| 11:15am | Under 11 Girls | 2,000 metres | Start-A-B-I-J-K-A-B-I-J-K-Finish (Start – 2 small laps – Finish) |
| 11:15 am | Under 11 Boys | 2,000 metres | Start-A-B-I-J-K-A-B-I-J-K-Finish (Start – 2 small laps – Finish) |
| 11:40am | Under 13 Girls | 3,400 metres | Start-A-B-I-J-K-A-B-I-J-K-A-B-C-X-I-J-K-Finish (Start – 2 small + 1 medium – Finish) |
| 11:40am | Under 13 Boys | 3,400 metres | Start-A-B-I-J-K-A-B-I-J-K-A-B-C-X-I-J-K-Finish (Start – 2 small + 1 medium – Finish) |
| 12.00 noon | Junior Men | 7,800 metres | Start-A-B-I-J-K-A-B-C-X-I-J-K-A-B-D-E-F-G-H-I-J-K-A-B-D-E-F-G-H-I-J-K-A-B-D-E-F-G-H-I-J-K-Finish (Start – 1 small + 1 medium + 3 large – Finish) |
| 12:00 noon | Under 15 Girls | 4,200 metres | Start-A-B-I-J-K-A-B-C-X-I-J-K-A-B-C-X-I-J-K-A-B-D-E-F-G-H-I-J-K-Finish (Start – 1 small + 2 medium + 1 large – Finish) |
| 12:45pm | Under 17 Women | 4,600 metres | Start-A-B-C-X-I-J-K-A-B-C-X-I-J-K-A-B-D-E-F-G-H-I-J-K-Finish (Start – 2 medium + 1 large – Finish) |
| 12:45pm | Under 15 Boys | 4,600 metres | Start-A-B-C-X-I-J-K-A-B-C-X-I-J-K-A-B-D-E-F-G-H-I-J-K-Finish (Start – 2 medium + 1 large – Finish) |
| 1:30pm | Senior Men | 11,800 metres | Start-A-B-C-X-I-J-K-A-B-C-X-I-J-K-A-B-D-E-F-G-H-I-J-K-A-B-D-E-F-G-H-I-J-K-A-B-D-E-F-G-H-I-J-K-A-B-D-E-F-G-H-I-J-K-Finish (Start – 2 medium + 5 large – Finish) |
| 1:35pm | Senior Women | 9,600 metres | Start-A-B-I-J-K-A-B-C-X-I-J-K-A-B-D-E-F-G-H-I-J-K-A-B-D-E-F-G-H-I-J-K-A-B-D-E-F-G-H-I-J-K-A-B-D-E-F-G-H-I-J-K-Finish (Start – 1 small + 1 medium + 4 large – Finish) |
| 2.45pm | Junior Women | 6,400 metres | Start-A-B-I-J-K-A-B-D-E-F-G-H-I-J-K-A-B-D-E-F-G-H-I-J-K-Finish (Start – 1 small + 3 large – Finish) |
| 2.45pm | Under 17 Men | 6,400 metres | Start-A-B-I-J-K-A-B-D-E-F-G-H-I-J-K-A-B-D-E-F-G-H-I-J-K-Finish (Start – 1 small + 3 large – Finish) |

Small lap = 1000 metres

Medium lap = 1400 metres

Large lap = 1800 metres