

**Humberside Athletic Association**  
**37<sup>th</sup> Annual Humberside Cross Country Championships**  
 (Under UKA. & E.C.C.A Rules Permit/licence No. 1112066)  
**Sunday, 8<sup>th</sup> January, 2012**  
**Quibell Park, Scunthorpe**

**Club Entry and transport (coach) will be provided by the Club**  
**To be included follow [Link](#) and add name to event listed**  
**Names are required by Fri 23<sup>rd</sup> Dec**

**Event Schedule**

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. 7th   | £3.50     | 10.45a.m.  |
| Under 11 Boys  | 2,000 metres    | Three               | U 11 on Jan 7th    | £3.50     | 10.45 a.m. |
| Under 13 Girls | 3,500 metres    | Three               | 11 or 12 years     | £3.50     | 11.00 a.m. |
| Under 13 Boys  | 3,500 metres    | Three               | 11 or 12 years     | £3.50     | 11.20 a.m. |
| Under 15 Girls | 5000 metres     | Three               | 13 or 14 years     | £3.50     | 11.40 a.m. |
| Under 15 Boys  | 5,000 metres    | Three               | 13 or 14 years     | £3.50     | 12.05 p.m. |
| Under 17 Women | 5,000 metres    | Three               | 15 or 16 years     | £3.50     | 12.05 p.m. |
| Under 17 Men   | 6,500 metres    | Three               | 15 or 16 years     | £3.50     | 12.25 p.m. |
| Junior Women   | 6,500 metres    | Three               | 17, 18 or 19 years | £4.50     | 12.25 p.m. |
| Senior Men     | 12,000 metres   | Six                 | 20 years and over* | £4.50     | 1.00 p.m.  |
| Junior Men     | 8,000 metres    | Three               | 17,18 or 19 years  | £4.50     | 1.50 p.m.  |
| Senior Women   | 8,000 metres    | Three               | 20 years or over * | £4.50     | 1.50 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 be separated in the results

Ages taken as at midnight August 31st/September 1st, 2011 but under 13's who have reached the age of 11 between that date and the date of competition must compete as under 13's. \* An athlete who has his/her 20<sup>th</sup> birthday between Sept 1<sup>st</sup> and Dec 31<sup>st</sup> will be a Junior for Inter County selection purposes.

After one year of competition an athlete taking part in Track & Field, Race Walking, Cross Country or Fell and Hill Running must be a member of a Club or Association affiliated directly or indirectly to UKA. for the discipline they wish to compete in.

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 at Cofton Park, Birmingham on 10<sup>th</sup> March, 2012) 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) may have to be selected for the UK CAU Championships on the basis of IAAF rules- This year they are not World Trials so