

NORTH EAST MASTERS ATHLETIC ASSOCIATION

OPEN CROSS COUNTRY CHAMPIONSHIPS

SUNDAY 4th FEBRUARY 2018

at

DARLINGTON RUGBY FOOTBALL CLUB

(UNDER UK ATHLETICS RULES – LICENCE NUMBER – 2018 - \*\*\*\*\*\*)

RACE 1: 12.30 – Women 35 & Over and Men 65 & Over (approx 3.5 miles – 2 laps) RACE 2: 1.15 – Men 35-64 (approx 5.25 miles – 3 laps)

NEMAA Championship awards to the first three individuals in each 5 year age group. Team awards for the first 3 teams (3 to count) in 10-year age groups (no team entry necessary): Race 1: F35-44, F45-54, F55+, M65 Race 2: M35-44, M45-54, M55-64.

The Championship is open to all Masters who are First Claim members of the club for which they are competing and who qualify for the Championships **by residence or birth** in the counties of Northumberland, Durham, Tyne & Wear or Cleveland (non-NEMAA members welcome).

Race Headquarters: Darlington Rugby Club, Blackwell Meadows, Grange Road, Darlington, DL1 5NR. The races will be held in Blackwell Meadows Park adjacent to the Ruby club and are hosted by Darlington Harriers & AC. Parking, registration and changing are at the Rugby club.

FIRST EVENT IN THE 2018 NEMAA ENDURANCE GRAND PRIX.

Entry: paid-up NEMAA members £5**, non-members £8**. Entries close Monday 29 January 2018. **There will be no entries on the day.** Completed entry form and cheques (payable to NEMAA) to: Paul Bentley, 12 Rookhope, Rickleton, Washington, Tyne & Wear, NE38 9HW.

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**NEMAA Open Cross Country Championships: Darlington 2018**

Full Name: …………………………………………….

Address: ……………………………………………………………………………………………………………..

Date of Birth: ………………….… Age on 04/02/2018; ……….. Male/Female: ……..

Affiliated Club: ………………………………………. England Athletics No: ………… NEMAA No: ……….

I was born/reside in the North East Countries: ….. (please tick). Contact Telephone: …………………….

Email address………………………………………………………………………………………………..

I enclose £5.00 / £8.00(non-NEMAA members) Please use block capitals.

Signed……………………………………………Date………………………………………………