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| **NECAA1110 LOGO** | | | **NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION**  **114th ANNUAL CROSS COUNTRY CHAMPIONSHIPS**  (Under UKA & ECCA Rules, 2019115) | | | | |  | |  |
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| **Alnwick, Saturday14th December 2019 at 11am (non- championship 10.35am)**  **The 2019 Championships commemorates 25 years since the 1st European Championships were held in Alnwick** | | | | | | |  | |  |
| Under 13 Boys Championship | 3k | | 11.00am | First three for team scorers | Ages: Under 13`s should be age 11 on the day of competition or 12 on 31st August | | |
| Under 13 Girls Championship | 3k | | 11.15am | First three for team scorers | Ages: Under 13`s should be age 11 on the day of competition or 12 on 31st August | | |
| Under 15 Boys Championship | 4k | | 11.30am | First three for team scorers | Ages: 13 and 14 years on 31st August 2019 | | |
| Under 15 Girls Championship | 4k | | 11.40am | First three for team scorers | Ages: 13 and 14 years on 31st August 2019 | | |
| Under 17 Men  Championship | 6k | | **12.00 noon** | First three for team scorers | Ages: 15 and 16 years on 31st August 2019 | | |
| Under 17/20 Women Championship | 6k | | 12.20 | First three for combined Under 17/20 team scorers | Under 17 Women Ages: 15 and 16 years on 31st August 2019  Under 20 Women Ages: 17, 18 and 19 years on 31st August 2019 | | |
| Under 20 Men Championship | 8k | | 12.45pm | First three for team scorers | Ages: 17, 18 and 19 years on 31st August 2019 | | |
| Senior Men Championship | 12k | | 1.15pm | First six for team scorers | Age: Must exceed 20 years on 31st August 2019 | | |
| Senior Women Championship | 8k | | 2.10pm | First four for team scorers | Age: Must exceed 20 years on 31st August 2019 | | |
| Middlesbrough & Cleveland Harriers Centenary Trophy | | | | Trophy for best overall club - Six points to first team place - down to one point for sixth in all races - Highest aggregate will be the winners. | | | |
| JC Kennedy Trophy | | | | Trophy for best women overall performance – Six points to first team place – down to one point for sixth in all races – Highest aggregate will be the winners. | | | |
| Gallery Jewellers Trophy | | | | Trophy for best men overall performance – Six points to first team place – down to one point for sixth in all races – Highest aggregate will be the winners. | | | |

Note new U17 Men`s start time