

NORTH EAST MASTERS ATHLETIC ASSOCIATION

OPEN CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 5th FEBRUARY 2022

RISING SUN (BARKING DOG) SPORTS GROUND

Kings Road North, Wallsend NE28 9JJ

Organised by Heaton Harriers & AC in conjunction with NEMAA

(UNDER UK ATHLETICS RULES – LICENCE NUMBER – CC2021/0147)

RACE 1: 12.00pm – Women aged over 35 & and Men aged over 65 (approx 3.5 miles – 2 laps) RACE 2: 1.15pm – Men aged 35-64 (approx 5.25 miles – 3 laps)

Please note:- Inter-Area Competitors will compete in the above two races based on their age groups.

Registration and changing at the sports ground. Limited parking at Beacon Hill School and at side of course

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.

Directions: from A1058 Coast Road(eastbound) exit onto A186 Station Road roundabout – take the 2nd exit on to Malton Gardens which continues as Kings Road North the Race HQ is at the top on the right. Directions: from Coast Road(westbound) take the A186 Wallsend exit before Station Road roundabout – turn right – turn left and then 2nd right at shops junction to Kings Road North. Race HQ is on the right at the top.

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) **Enter on line at www.northeastmastersathletics.weebly.com/SHOP**

Entry for paid-up **NEMAA members £5.00** **non-members £8.00** make cheques payable to NEMAA. **Postal entries** to NEMAA XC, 7 Lanchester,Fatfield,Washington,Tyne&Wear,NE38 8SR.. C/ Date Jan 28.

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**NEMAA CROSS COUNTRY CHAMPIONSHIPS – WALLSEND 2022**

**Full Name: …………………………………………………………………………………….**

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

**Post Code: ….………… Date of Birth: ……………… Age on 05/02/2022: ………….**

**First Claim Club…………………………………………….UK Ath No……………………..**

**Email…………………………………………………………NEMAA No……………………**

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

**I enclose £5.00 (NEMAA members) / £8.00 (non-NEMAA members) payable to NEMAA: £………..**