



## NEMAA OPEN CROSS COUNTRY CHAMPIONSHIPS 2019

Saturday 2<sup>nd</sup> Feb at Rising Sun Sports Ground, Kings Road North, Wallsend, NE28 9JJ

Organised by Heaton Harriers & AC in conjunction with NEMAA – Permit no. 2019 applied for

**RACE 1 12.30pm – Women and Men O65 3.5 miles approx. (2 laps)**

**RACE 2 1.15PM – Men 35-64 5.25 miles approx. (3 laps)**

NEMAA Championship awards to the first three individuals in each 5 year age group. Team awards in 10 year age groups for first 3 teams (3 to count) W35-44 W45-54 W55+ M35-44 M45-54 M55-64 M65+

Parking at Beacon Hill School and on road at side of course. NO PARKING INSIDE SPORTS GROUND.

### DIRECTIONS

From A1058 Coast Road (Eastbound) exit onto A186 Station Road roundabout – take 2<sup>nd</sup> exit onto Malton Gardens which continues as Kings Road North – Race HQ (Barking Dog) is at top on right hand side.

From A1058 Coast Road (Westbound) take A186 Wallsend exit before Station Road roundabout. Turn right, left then 2<sup>nd</sup> right at junction to Kings Road North – Race HQ (Barking Dog) is on right at the top

This is a championship open to all Masters who are first claim members of a UK affiliated club and qualify for the North East Counties by having residence in, or have been born within, the counties of Northumberland, Durham, Tyne and Wear or Cleveland.

Entries also available online at [www.webcollect.org.uk/nemaa](http://www.webcollect.org.uk/nemaa)

Entry fees:- £5 for paid up NEMAA members, £8 for non-members. Send entries with cheque, payable to NEMAA, to Paul Bentley, 12 Rookhope, Rickleton, Washington, Tyne and Wear, NE38 9HW

**Entries close Jan 28<sup>th</sup>, 2019. ABSOLUTELY NO ENTRIES ON THE DAY!**

### ENTRY FORM FOR NEMAA OPEN CROSS COUNTRY CHAMPIONSHIPS 2019

FIRST NAME \_\_\_\_\_ SURNAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

PLACE OF BIRTH \_\_\_\_\_ MALE/FEMALE \*

TEL/MOB NO. \_\_\_\_\_ CLUB \_\_\_\_\_

EMAIL \_\_\_\_\_

I AM A PAID UP MEMBER OF NEMAA YES/NO\* NEMAA NUMBER \_\_\_\_\_

FOR NON-MEMBERS:- I WAS BORN/I RESIDE\* IN THE NORTH EAST COUNTIES \*Delete as applicable

UKA/EA REGISTRATION NO. \_\_\_\_\_ AMOUNT ENCLOSED £ \_\_\_\_\_