

NORTH EAST MASTERS ATHLETIC ASSOCIATION  
OPEN CROSS COUNTRY CHAMPIONSHIPS  
SATURDAY 1<sup>st</sup> FEBRUARY 2020  
at  
EAST CRAMLINGTON NATURE RESERVE

Organised by Blyth Running Club in conjunction with NEMAA  
(UNDER UK ATHLETICS RULES – LICENCE NUMBER – 2020-018)

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 Race HQ and parking is at North Moor Farm (Hartley Main Farm on Google Maps), on the A192 north of Seaton Delaval. Post code NE25 0PX. There will be a parking charge of £2.00 per vehicle. Access via the Cramlington A19/A189 Moor Farm round-a-bout. Go north onto the A189 (Blyth, Ashington). Follow the A189 to the A192 Three Horse Shoes roundabout. Take the 4th exit (A192 Blyth/Tynemouth/Seaton Delaval). At next roundabout take the 2nd exit (A192) to Seaton Delaval. North Moor Farm is one mile on the left.

**Please note: For safety reasons there will be no access to the farm from the A192 south, cars will not be allowed to turn right across traffic into the farm. Cars travelling north from Seaton Delaval must continue past the farm, turn at the roundabout and approach from the north. The farm is for registration, parking and the presentation only. There are no toilet facilities at the farm, toilets will be available on the course.**

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)

Entry for paid-up **NEMAA members £5.00 non-members £8.00** make cheques payable to NEMAA.

**Postal entries** to Paul Bentley 12 Rookhope Washington Tyne & Wear NE38 9HW or **enter online**.

Entries close Monday 27 January 2020.

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**NEMAA CROSS COUNTRY CHAMPIONSHIPS – CRAMLINGTON 2020**



**Full Name:** ..... **Club:** .....

**Address:** .....

**Post Code:** ..... **Date of Birth:** ..... **Age on 01/02/2020:** .....

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

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