

**SUFFOLK COUNTY ATHLETIC ASSOCIATION
2010 CROSS COUNTRY CHAMPIONSHIPS**

Under UKA and E.C.C.A Rules

Sunday 14th February 2010 at Warren Hill, Newmarket

Timetable	Championship	Distance	Date of Birth	To Run	To Score
12.00 p.m.	Under 13 Girls	3 KM	Age 11 on day of race	~	3
12.15 p.m.	Under 13 Boys	3 KM	Age 11 on day of race	~	3
12.30 p.m.	Under 15 Girls	4 KM	01.09.94 to 31.08.96	~	3
12.50 p.m.	Under 15 Boys	4 KM	01.09.94 to 31.08.96	~	3
13.10 p.m.	Under 20 Men	8 KM	31.12.90 to 31.08.92	~	3
13.10 p.m.	Senior Men	12 KM	Born on or before 31.12.90	6	4
14.00 p.m.	Under 17 Women	6 KM	01.09.92 to 31.08.94	~	3
14.00 p.m.	Under 20 Women	6 KM	31.12.90 to 31.08.92	~	3
14.00 p.m.	Senior Women	6 KM	Born on or before 31.12.90	4	3
14.35 p.m.	Under 17 Men	6 KM	01.09.92 to 31.08.94	~	3