

NI & Ulster Novice Cross Country

Eligibility Rules

1. An athlete is ineligible to compete in the NI & Ulster Novice Championships if they have been;

- A medal winner at the NI & Ulster Intermediate / Junior or Senior Cross Country or Road Race Championships (5k- marathon), Individual or team (club or county).
- A medal winner at Athletics Ireland Novice, Intermediate or Senior Cross Country or Road Race Championships, Individual or Team (club or county)
- An individual gold medal winner or scoring member of the winning team in the NI & Ulster Novice Championships.
- An Individual medal winner at AAI or NI & Ulster in any track (indoor or outdoor) or road championship event at 1500m and upwards in Senior competitions.
- Represented Ireland/Ulster/Northern Ireland at Senior EAA/IAAF International level.

2. Athletes must be aged 19 years or over on the 31 December in the year competition to be eligible to compete in the Novice Championships.

3. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win.

Distances and Scoring Rules

DISTANCES

Novice Men 6000m
Novice Women 4000m
Please note all distances are (+/- approx.)

SCORING

Novice Men 8 to Run 4 to Score
Novice Women 6 to Run 4 to Score

NI & Ulster Intermediate & Masters Cross Country

Intermediate Eligibility Rules

Competitors Aged 16 and over the following are ineligible:

- Represented Ireland or GB&NI at major European, or World Senior Championships
- Individual Medal winner (1st 2nd 3rd) in AAI Senior Cross Country Championships (Inter Club or Inter Counties)
- Individual Medal winner (1st 2nd 3rd) in AAI Intermediate Cross Country Championships
- Individual Medal winner (1st 2nd) in NI & Ulster Senior Cross Country Championships
- Individual winner (1st) in NI or Ulster Intermediate Cross Country Championships
- Member of 1st or 2nd Team in AAI Inter Club or Inter Counties Senior Cross Country Championships
- Member of 1st or 2nd Team in ANI or Ulster Senior Cross Country Championships
- Member of winning team in AAI Intermediate Cross Country Championships
- Member of winning team in NI or Ulster Intermediate Cross Country Championships

Distances and Scoring Rules

DISTANCES

Intermediate Men	8000m
Intermediate Women	6000m
Masters Men	8000m
Masters Women	4000m

Please note all distances are (+/- approx.)

SCORING

Intermediate Men	12 to Run	6 to Score
Intermediate Women	6 to Run	4 to Score
Masters Men	6 to Run	4 to Score
Masters Women	6 to Run	4 to Score

NI & Ulster Senior Cross Country

Eligibility Rules

1. . Athletes must be aged 16 years or over on the 31 December in the year competition to be eligible to compete in the Senior Championships.

Distances and Scoring Rules

DISTANCES

Senior Men 10,000m
Senior Women 6000m
Please note all distances are (+/- approx.)

SCORING

Senior Men	12 to Run	6 to Score
Senior Women	6 to Run	4 to Score