



**ChampionChip**  
IRELAND

**NORTHERN IRELAND  
&  
ULSTER**

**INTERMEDIATE & MASTERS**

**CROSS COUNTRY  
CHAMPIONSHIPS**

**2019**

**Saturday 26<sup>th</sup> January  
Barnett Demesne,  
Malone Road/Shaw's Bridge,  
Belfast  
BT9 5PB**

**CLOSING DATE FOR PAPER ENTRIES: Friday 11<sup>th</sup> January 2019 at 5pm**  
**CLOSING DATE FOR ONLINE ENTRIES: Tuesday 15<sup>th</sup> January 2019 at 12noon**  
**CLOSING DATE FOR LATE ENTRIES: Wednesday 16<sup>th</sup> January 2019 at 5pm**



**Northern Ireland & Ulster  
Intermediate and Masters  
Cross Country Championships**

**MASTERS WOMEN** *Women 35 or over on day of competition (Masters & Intermediate Women will be combined into one race)*

**Distance – 4k**      **Start time – 2.10pm**

Team Race – enter 8, run 6, score 4

Fees - £16/€19 team, £4/€5.00 per individual

**MASTERS MEN**      **Men 35 or over on day of competition**

**Distance – 8k**      **Start time – 1.30pm**

Team Race - enter 8, run 6, score 4

Fees - £16/€19 team, £4/€5.00 per individual

**\*Men 65 and over with women**

**'INTERMEDIATE' WOMEN**

For definitions please see overleaf

**Distance – 4k**      **Start time – 1.00pm**

Team Race - enter 8, run 6, score 4

Fees - £16/€19, £4/€5.00 per individual

**'INTERMEDIATE' MEN**

For definitions please see overleaf

**Distance – 8k**      **Start time – 2.40pm**

Team Race - enter 14, run 12, score 6

Fees - £24/€28, £4/€5.00 per individual

**ONLINE ENTRY AVAILABLE FOR ALL GROUPS INCLUDING TEAM ENTRY AT  
WWW.ATHLETICSNI.ORG**

**CLOSING DATE FOR ONLINE ENTRIES – TUESDAY 15<sup>th</sup> JANUARY 2019**

**CLOSING DATE FOR LATE ENTRIES – WEDNESDAY 16<sup>th</sup> January 2019**

Payment for postal entries may be made by cheque or credit/debit card. Please make all cheques **payable to Athletics NI** and send to:

Athletics Northern Ireland  
Athletics House, Old Coach Road, Belfast BT9 5PR  
Tel: 028 9060 2707    Fax: 028 9030 9939

**POSTAL ENTRIES WILL NOT BE ACCEPTED WITHOUT FEES/CARD DETAILS**

**NO ENTRIES WILL BE ACCEPTED ON THE DAY**

- Only athletes whose names appear on the programme are eligible to compete.
- Teams must field no more than the permitted number. WHERE TWO/MORE TEAMS ARE ENTERED THEY MUST BE DECLARED AS A, B TEAM, ETC.
- No additions or substitutions will be allowed.
- All athletes must have a current registration with Athletics Northern Ireland/AAI Valid for the day of Competition.

**All entries must include date of birth for each athlete, as we are unable to input them on the system without this information.**

*By entering you confirm you have made guardians of any children/vulnerable adult athletes aware that photography/film footage containing their image may be used by ANI and Partners. Media queries/special arrangements & exemption requests to be sent to [alan@athleticsni.org](mailto:alan@athleticsni.org)*

**The wearing of earphones is prohibited. Any athlete found breaching this rule will be subject to disqualification.**

**Northern Ireland & Ulster  
Intermediate and Masters  
Cross Country Championships**

**Intermediate Definition**

- Competitors Must be aged 16 and not reached aged 21 in the year of competition

**Competitors Aged 21 and over the following are ineligible:**

- Individual Medal winner (1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>) in AAI Senior Cross Country Championships (Inter Club or Inter Counties )
- Individual Medal winner (1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>) in AAI Intermediate Cross Country Championships
- Individual Medal winner (1<sup>st</sup> 2<sup>nd</sup>) in NI & Ulster Senior Cross Country Championships
- Individual winner (1<sup>st</sup>) in NI or Ulster Intermediate Cross Country Championships
- Member of 1<sup>st</sup> or 2<sup>nd</sup> Team in AAI Inter Club or Inter Counties Senior Cross Country Championships
- Member of 1<sup>st</sup> or 2<sup>nd</sup> 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