



**Please Report to Race Office which is located in the tents next to the start and is not in the Leisure Centre.**

FOR THE  
BEST DEALS &  
CHEAPEST PRICES

**START  
FITNESS**

MAIL ORDER HOTLINE 0844 848 8803

**START  
FITNESS**

108-110 GRAINGER STREET  
NEWCASTLE  
NE1 5JQ

**START  
FITNESS**

8 MARKET PLACE  
DURHAM  
DH1 3NB

**START  
CYCLES**

35-37 MARKET STREET  
NEWCASTLE  
NE1 6JE

**START  
TRIATHLON**

112-118 GRAINGER STREET  
NEWCASTLE  
NE1 5JQ

**START  
OUTDOORS**

105-109 GRAINGER STREET  
NEWCASTLE  
NE1 5AE

**START  
FOOTBALL**

49 PILGRIM STREET  
NEWCASTLE  
NE1 6QE

VISIT YOUR LOCAL STORE OR SHOP ONLINE AT [WWW.STARTFITNESS.CO.UK](http://WWW.STARTFITNESS.CO.UK)

PROUD TO SUPPORT DURHAM  
SCHOOLS & INTER COUNTIES

DURHAM COUNTY SCHOOLS' ATHLETIC ASSOCIATION



**START  
FITNESS**

**NORTHERN INTER-COUNTY SCHOOLS'  
CROSS-COUNTRY  
CHAMPIONSHIPS**  
Saturday 1 February 2014

**Meadowfield Sports Centre**  
**First Race 12 noon**

Each race will be started by a gun, but there will be a 5  
minute warning prior to the start of each race –  
**THIS WILL BE A HOOTER**

PLEASE NOTE RACES WILL START ON TIME AND WILL  
NOT BE HELD FOR ANY ATHLETE

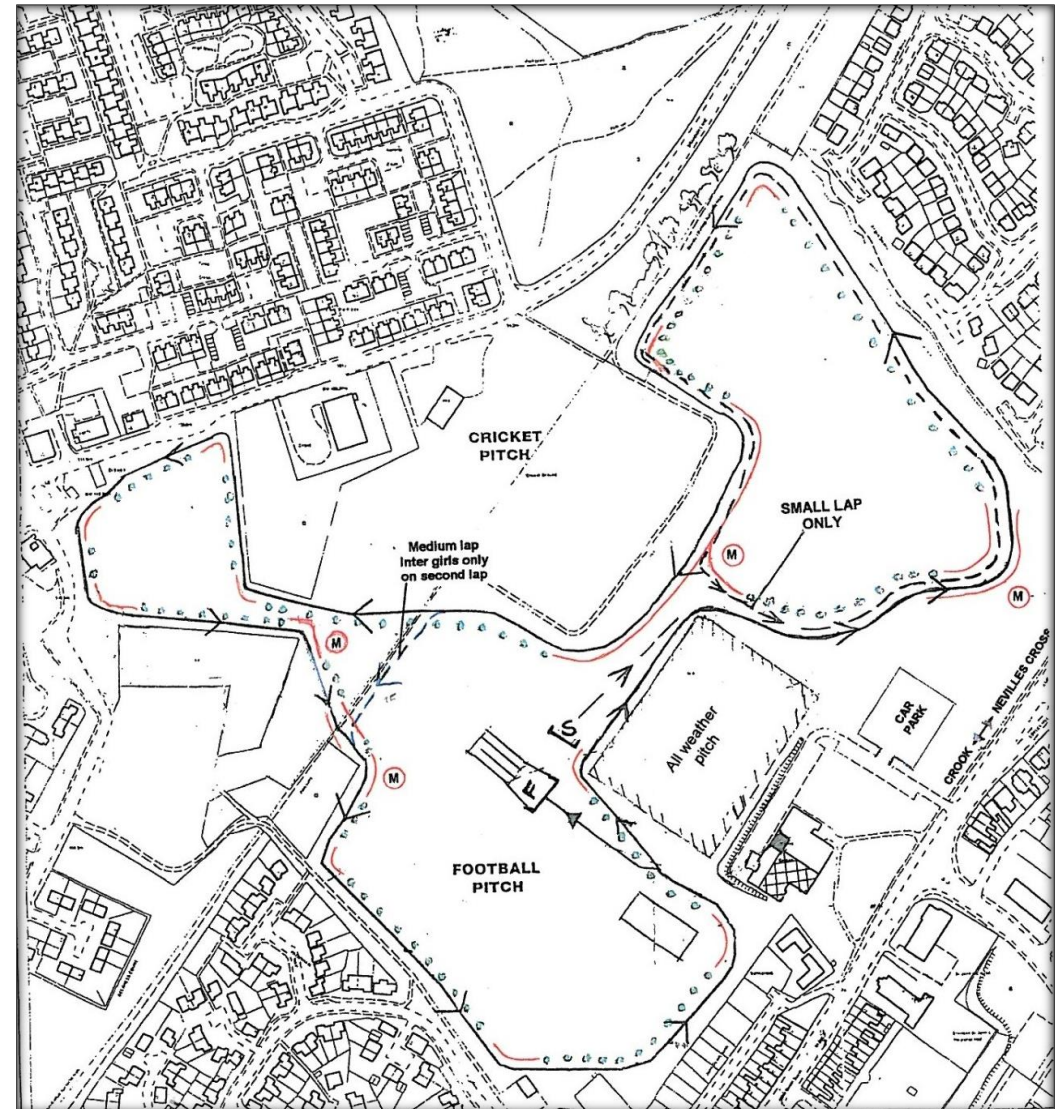
**50p**

10.00 am	Championship site open for access & Registration.		
10.30 am	Course open for inspection.		
11.30 am	Registration Close and Championship Course cleared		
12.00 pm	Minor Girls	2.16k	1 full lap
12.15 pm	Minor Boys	2.16k	1 full lap
12.30 pm	Senior Girls	4.32k	2 full laps
12.50 pm	Senior Boys	6.98k	3 full laps
1.15 pm	Junior Girls	3k	1 small and 1 full lap
1.30 pm	Junior Boys	4.32k	2 full laps
1.50 pm	Intermediate Girls	3.78k	1 full lap and 1 medium lap
2.15 pm	Intermediate Boys	5.16k	1 small and 2 full laps

- Only the Intermediate Girls run the medium lap which they cover on the second of their two laps.
- Timings are subject to slight variations – Please ensure that you listen to announcements and ensure that runners are close to the start area ten minutes prior to the relevant start time and listen to the calls for each race.

**County Numbers**

1 – 20	Cleveland
21 – 40	Cumbria
41 – 60	Durham
61 – 80	North Yorkshire
81 – 100	Northumberland



(M) Marshall