

ENGLAND ATHLETICS

English Cross Country Association
(Reconstituted 1992)

HANDBOOK

2024-2025

Controlling Cross Country Running in England under
UK Athletics Rules



Issued September 2024

**ENGLISH CROSS COUNTRY ASSOCIATION
GENERAL COMMITTEE 2024-2025**

President: Martin Holland

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North

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Steve Gaines

Midland

Peter Burns

Mick Robinson

South

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English Schools AA Representative:

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Junior Men: Keith Holt, keith_holt1@sky.com



ECCA Website:

www.englishcrosscountry.co.uk

ENGLISH CROSS COUNTRY ASSOCIATION

President's list since Chain presented in 1948

Presented to 'ECCU' by Samson Howard Esq - Sheffield United Harriers.

1948	Samson Howard*	Sheffield United H	1986	Matt Frazer*	Darlington AC
1949	Harry PT Phipps*	BTH (Rugby) Recreation Club	1987	Denis R Saunders*	SKF AC
1950	H Parks*	Belgrave H	1988	David R Denton	Newark AC
1951	John C Kennedy*	North Shield Poly AC	1989	Alan J Brent*	Blackheath H
1952	Geoffrey Austin*	Birchfield H	1990	Joe W Percy*	Longwood HAC
1953	Jack G Stubbs*	South London H	1991	Barry J Wallman*	Cambridge & Coleridge AC
1954	Fred Ireland*	Winton Harriers AC	1992	Ken Rickhuss*	Newark AC
1955	Les E Edwards*	Cambridge & Coleridge AC	1993	Harry J Hicks*	Hampstead H
1956	S Arthur Wright*	West Bromwich H	1994	Mrs Vera Duerdin*	Bury AC
1957	George WS Tolley*	Epsom & Ewell H	1995	Les Clinch*	SKF AC
1958	Walter Pearson*	Leeds AC	1996	Graham Heeley	Sparkhill H
1959	H Payne*	Cambridge City AC	1997	Graham Brown	Verlea AC
1960	Tom Hunt*	Derby AC	1998	John Bradshaw	Liverpool Pembroke AC
1961	Les J Cohen*	Eton Manor AC	1999	Mrs Mary Gash*	Notts AC
1962	AE Parry*	Manchester YMCA	2000	Eric Nash*	Cambridge H
1963	CJ Walton*	Lincoln Wellington AC	2001	George E Ogle*	Tynedale HAC
1964	Cedric Angove*	B T H Rugby	2002	Cliff B Franks*	Cheltenham & County H
1965	GH Cooper*	Enfield H	2003	Joe Mower	Ipswich H
1966	C Syd Garner*	Rotherham H & AC	2004	John Temperton	Bradford Airedale AC
1967	Cyril H Comber*	Diss AC	2005	Bill Adcocks	Coventry Godiva H
1968	Jack Hartley*	Coventry Godiva H	2006	Derek Adams	Highgate H
1969	Ted H Sutters*	Ealing & Southall AC	2007	Leo Carroll*	Wirral AC
1970	Bill Raybould*	Hallamshire H	2008	Mick Robinson	Notts AC
1971	HG 'Mac' McDougal*	Luton United AC	2009	Mrs Maureen Bonanno-Smith*	Highgate H
1972	Frank Cull*	Warley AC	2010	Brian Heywood	Holmfirth H
1973	Ken EG Arbury*	Borough of Enfield AC	2011	Tony I Phillips	Tipton H
1974	J Stan Lubbock*	Sefton Harriers	2012	Martin Howard	Highgate H
1975	George Woodham*	Luton United AC	2013	Mrs Pat Green	Liverpool HAC
1976	Harry B Lapworth*	Coventry Godiva H	2014	Pat Carlan	Mansfield AC
1977	Charles J Harrison*	Shaftesbury H	2015	Ian S Byett	Basingstoke & Mid Hants AC
1978	Jack E Davies*	Manchester H & AC	2016	Bill McGuirk	Wallsend AC
1979	George LN Dunn*	Cambridge & Coleridge AC	2017	Basil Heatley*	Coventry Godiva H
1980	George G White*	Leicester & Rutland AC	2018	Richard Inchley	Leighton Buzzard AC
1981	Cyril J Parr*	Reading AC	2019	Kevin Carr	Sunderland AC
1982	Eddie L Hardy*	Skyrac AC	2020	Mrs Rita Brownlie	Bromsgrove & Redditch AC
1983	Arthur D Maddy*	Bedfordshire & County AC	2021	Chris Stott	Barnet & District AC
1984	Ken G Dare*	Solihull & Small Heath AC	2022	Chris Stott	Barnet & District AC
1985	Les Golding*	Eton Manor AC	2023	Ron Needham	Rodillian Runners
			2024	Mrs Carolyn Franks	Cheltenham & County H
			2025	Martin Holland	Highgate H

LIFE MEMBERS

Mrs Rita Brownlie
Mrs Jenny Newton
Bryan Smith

Paul Maskell
John Shiels
Mrs Joyce Smith MBE

Frank Newton OBE
Mrs Jean Simpson MBE

PRESIDENT'S FOREWORD



When I joined my two brothers at Highgate Harriers over 50 years ago, the thought of being honoured by the ECCA as its president had never entered my head. Thinking about our sport, what's changed over the last 50 years?

Back then, the national cross country was officiated by people in blazers, often cold and wet, who timed with expensive stop watches. Results were typed up, put in envelopes to be later posted out. Marshals were casual volunteers dressed in everyday clothing with not a hi-vis jacket in sight. Competitors changed in spartan facilities and supporters did their best to find an indoor toilet or hot cup of tea. How things have changed, and at an exponential rate.

Today we have electronic timing, well briefed marshals, all weather clothing for officials, radios, mobile phones and static and mobile first aid support. Results are recorded by computers and accessible for all in real time. Conditions for competitors and supporters have changed dramatically too. We have portaloos, car and coach parking, informative announcements, clearly signed facilities and onsite caterers and who could have imagined the now familiar site of the club's tented village resplendently decorated with flags and banners.

The impact of these changes inevitably increases the demands on venues. It's no longer just the case of ensuring that the distances and terrain are suitable, there are so many more things like access and waste management to consider too, as well as the impact on other users of these spaces too – it takes a while for churned up ground to become usable grass again! It's testament to the hard work of voluntary organisers that they continue to find appropriate venues and plan and execute great events.

But what has stayed the same is treating the challenges of the course and fellow competitors with respect and an enduring spirit of fair play. Those values, whose importance extend far beyond a muddy path, are arguably more important than 50 years ago.

Martin Holland

Highgate Harriers

President English Cross Country Association 2024- 2025

ENGLISH CROSS COUNTRY ASSOCIATION

REPORT 2023-2024

Just as we thought we were settling down into the customary routine following the Covid break we encountered another problematic season with new car parking issues at Mansfield and the last minute postponement of the National at Weston Park.

Planned construction work in Berry Hill Park has been a threat to the continuity of the Relay Championships in Mansfield but we hear now that the effect in the future will be minimal. Mansfield Council are generally supportive of the ECCA and Pat Carlan and his colleagues at Mansfield H&AC continue to reassure us with their invaluable practical assistance. A new problem resulting from a council decision that parking on grass in the park couldn't continue but council staff offered an alternative of parking at three separate sites and running a bus shuttle service to and from the park. After a few hiccups the pre-booking system operated well and few, if any, problems were encountered or reported on the day of the championships. A fortunate change given the heavy rain that fell which would have led to problems getting cars out of Berry Hill Park had it been used.

Changes to the usual course had to be made, particularly a new location for the start and finish areas, and these proved popular with an additional benefit that all legs are now equal rather than the first leg being a little shorter than the others.

Peter Burns and colleagues from Telford AC, led by Paul Ward, negotiated and planned a course for the National at Weston Park, near Telford, with the support of Jenny Astbury from Weston Park. Regrettably, after the full course building team arrived on site on the Wednesday, it quickly became clear that the heavy rain made car parking in the park impossible and that determined that the event would have to be postponed.

The time committed to the event by Peter and the costs incurred resulted in the unique decision to return in September to stage the 2024 championships using the 2023/4 age groups as it is important to provide the championship opportunity for Young Athletes, particularly after all missed out in 2021. That decision proved to be the right one; entry numbers were lower than usual but all that attended experienced a challenging course in an attractive parkland setting.

The programme for the 2024/5 season will continue as planned at Mansfield and Parliament Hill. The four team managers – Eamonn Martin, Sue Lamb, Keith Holt and Barbara Cutting continued our policy of providing valuable development International competition. It should be noted that this group has managed our teams for over 20 years but during the last season Barbara decided that it was time to step back. Jo Newcombe successfully replaced Barbara as Junior Women's team manager at relatively short notice during the year.

Once again we express our sincere thanks to all who contribute in so many ways to ECCA promotions and teams. Ian Byett, supported during the year by Eamonn, and Richard Inchley employ their invaluable experience to manage all aspects of our work. Jean Simpson has once again produced prompt and accurate meeting minutes. Joe Mower and Graham Heeley continue to defy age by ensuring the delivery of our championships, although Joe has decided that he will step back from his Championship Secretary duties and he will be replaced by Paul Gooding who has worked with Joe and Graham this year.

Finally and unusually we are facing three resignations from senior ECCA posts. We can't overlook the immense service that Ian, Barbara and Joe have given to the ECCA. In total it's approaching 100 years of voluntary work but the thanks of all of us who have worked with Ian, Barbara and Joe along with the silent appreciation of so many athletes who have benefitted from their service through participation in championships in that time is incalculable. It hardly needs saying that their successors will have to fill a very big hole to fill.

CHAMPIONSHIP MEDALLISTS 2023 - 2024

National Relays: Berry Hill Park, Mansfield – 4th November 2023

Results:

Under 13 Girls (3x2K): 1 Aldershot, Farnham & Dist AC 'A'; 2 Chelmsford AC; 3 Birtley AC

Under 15 Girls (3x2K): 1 Aldershot, Farnham & Dist AC 'A'; 2 Rotherham H&AC; 3 Chelmsford AC

Under 17 Women (3x2.5K): 1 St Albans Striders; 2 Salford H & AC 3 Warrington AC

Junior Women (3x2.5K): 1 Univ of Birmingham AC 'A'; 2 Loughborough Students AC 'A'; 3 Loughborough Students AC 'B'; 4 Univ of Birmingham AC 'B'; 5 Cambridge & Coleridge AC; 6 Chelmsford AC; 7 Loughborough Students AC 'C'; 8 Epsom & Ewell H

Senior Women (3x3K): 1 Belgrave H; 2 Aldershot, Farnham & Dist AC 'A'; 3 Aldershot, Farnham & Dist AC 'B'

Under 13 Boys (3x2K): Bracknell AC; 2 Cambridge & Coleridge AC; 3 Windsor Slough Eton & Hounslow AC

Under 15 Boys (3x2K): 1 Trafford AC; 2 St Albans Striders; 3 Blackheath & Bromley AC

Under 17 Men (3x3K): 1 Chelmsford AC; 2 City of Norwich AC; 3 Tonbridge AC

Junior Men (3x3K): 1 Aldershot, Farnham & Dist AC; 2 Radley AC; 3 Loughborough Students AC; 4 Cambridge & Coleridge AC

Senior Men (4x5K): 1 Cambridge & Coleridge AC; 2 Aldershot, Farnham & Dist AC; 3 Highgate H

National Championships: Weston Park, Telford – 14th September 2024

Results:

Under 13 Girls: 1 Kara Gorman (Windsor Slough Eton & Hounslow AC); 2 Isabella Buchanan (HY Runners); 3 Olivia Lee (Derby AC)

Teams: 1 Chelmsford AC 85 pts; 2 Warriors Pent & AC 105 pts; 3 Windsor Slough Eton & Hounslow AC 153 pts

Under 15 Girls: 1 Paige Quinn (Torbay AAC); 2 Ellarose Whitworth (Lincoln Wellington AC); 3 Olivia Forrest (Brentwood Beagles AC)

Teams: 1 Chelmsford AC 58 pts; 2 Aldershot, Farnham & Dist AC; 62 pts; 3 Eastbourne Rovers AC 101 pts

Under 17 Women: 1 Freya Bradley (Westbury H); 2 Zoe Gilbody (Telford AC); 3 Tilly Nickell (Team Bath AC)

Teams: 1 Windsor Slough Eton & Hounslow AC 45 pts; 2 Salford H&AC 72 pts; 3 Epsom & Ewell H 182 pts

Junior Women: 1 Emilia Platt (Salford H&AC); Eleanor Strevens (Eastbourne Rovers AC);

3 Holly Weedall (Vale Royal AC)

Teams: 1 Vale Royal AC 32 pts; 2 Cambridge & Coleridge AC 32 pts; 3 Epsom & Ewell H 44 pts

Senior Women: 1 Niamh Brown (Aldershot, Farnham & Dist AC); 2 Holly Dixon (Cambridge H);

3 Gemma Steel (Charnwood AC)

Teams: 1 Aldershot, Farnham & Dist AC 68 pts; 2 Thames Hare & Hounds 88 pts; 3 Leeds City AC 120 pts

Under 13 Boys: 1 Theo Creed (Hercules Wimbledon AC); 2 Byron Roberts (Eastbourne Rovers AC);

3 Charlie Nicolson (London Heathside)

Teams: 1 Hercules Wimbledon AC 98 pts; 2 Windsor Slough Eton & Hounslow AC 170 pts;

3 Liverpool H&AC 197 pts

Under 15 Boys: 1 Mikey Bacon (Rotherham H&AC); 2 Yaried Alem (Leeds City AC);

3 Pio Aron (Trafford AC)

Teams: 1 Tonbridge AC 80 pts; 2 Trafford AC 109 pts; 3 Chelmsford AC 151 pts

Under 17 Men: 1 Michael Clark (City of Norwich AC); 2 Sam Plummer (Chelmsford AC);

3 Thomas Preston (Peterborough & Nene Valley AC)

Teams: 1 Aldershot, Farnham & Dist AC..109 pts; 2 City of Norwich AC 109 pts;

3 Hercules Wimbledon AC 164 pts

Junior Men: 1 Aron Gebremariam (Birchfield H); 2 George Ogden (South London H));

3 Joel Doye (Woodford Green with Essex Ladies AC)

Teams: 1 Aldershot, Farnham & Dist AC 55 pts; 2 Tonbridge AC 73 pts; 3 Cambridge & Coleridge AC 124 pts

Senior Men: 1 Hugo Milner (Derby AC); 2 Ben Connor (Derby AC); 3 James Kingston (Tonbridge AC)

Teams: 1 Bristol & West AC 138 pts; 2 Highgate H 168 pts; 3 Leeds City AC 189 pts

CHAMPIONSHIP TROPHY WINNERS 2024

National CC Championships

- Frank Wynne Cup for winning Senior Men's team: **Bristol & West AC**
- Chesham Cup for winning individual Senior Man: **Hugo Milner (Derby AC)**
- Charles Otway Memorial Cup for Senior Men 9 to score excluding first three teams: **Tonbridge AC**
- S H B Livingston Memorial Trophy for leading Midland Senior Men's team: **Bristol & West AC**
- W Finch-Wayte Cup for leading South of England Senior Men's team: **Highgate H**
- Frank Christmas Memorial Trophy for leading North of England Senior Men's team: **Leeds City AC**
- Michelin Minor Club Trophy for leading Senior Men's team not in first thirty during last five years: **Westbury H**
- Persil Trophy for lowest aggregate score in Senior, Junior & Under 17 Men: **Tonbridge AC**
- Centenary Trophy for leading Senior Men's club in existence at formation of ECCU: **Bristol & West AC**
- Harry Hall Trophy for winning Junior Men's team: **Aldershot Farnham & Dist AC**
- Arbiter Trophy for winning individual Junior Man: **Aron Gebremariam (Birchfield H)**
- Andy Gibb Trophy for leading South of England Junior Men's team: **Aldershot Farnham & Dist AC**
- The J S Lubbock Memorial Trophy for leading North of England Junior Men's team: **Trafford AC**
- Sheffield Challenge Trophy for winning Under 17 Men's team: **Aldershot Farnham & Dist AC**
- J A Wagstaff Trophy for winning individual Under 17 Man **Michael Clark (City of Norwich AC)**
- Alf Cannon Memorial Trophy for leading Midland Under 17 Men's team: **Not awarded**
- Jack Crump Memorial Trophy for leading South of England Under 17 Men's team: **Aldershot Farnham & Dist AC**
- The George Warburton Memorial Trophy for leading North of England Under 17 Men's team: **Derby AC**
- Saucony Individual Trophy for winning individual Under 15 Boy: **Mikey Bacon (Rotherham H & AC)**
- Dr Frank Newton Trophy for winning Under 15 Boys' team: **Tonbridge AC**
- Ian S Byett Cup winning individual Under 13 Boy: **Theo Creed (Hercules Wimbledon AC)**
- The AF & D Shield for the winning Under 13 Boys' team: **Hercules Wimbledon AC**
- George French Shield for winning Senior Women's team: **Aldershot Farnham & Dist AC**
- William Bartlett Trophy for winning individual Senior Woman: **Niamh Brown (Aldershot Farnham & Dist AC)**
- The Dave Russell Trophy for the leading North of England Senior Women's team: **Leeds City AC**
- The Eric Hughes Memorial Trophy for the winning Junior Women's team: **Vale Royal AC**
- The Goodwill Trophy for winning individual Junior Woman: **Emilia Platt (Salford H & AC)**
- The Margaret Meikle Cup for the leading North of England Junior Women's team: **Vale Royal AC**
- The Tom Heeley Cup for winning Under 17 Women's team: **Windsor Slough Eton & Hounslow AC**
- The WCC&RRA Trophy for winning individual Under 17 Woman: **Freya Bradley (Westbury H)**
- The Norman Waterson Memorial Trophy for the leading North of England Under 17 Women's team: **Salford H & AC**
- The Vera Duerdin Memorial Cup for winning Under 15 Girls team: **Chelmsford AC**
- WCC&RRA Trophy for winning individual Under 15 Girl: **Paige Quinn (Torbay AAC)**
- President's Trophy for winning Under 13 Girls team: **Chelmsford AC**
- The Secretary's Trophy for winning individual Under 13 Girl: **Kara Gorman (Windsor Slough Eton & Hounslow AC)**
- Nelson Neal Trophy for the leading Women's overall team: **Not Awarded**

CHAMPIONSHIP WINNERS

SENIOR MEN

Year - Venue - Team - Individual

- 1876 Buckhurst Hill Declared void
- 1877 Roehampton - **Thames Hare & Hounds** - P H Stenning (Thames Hare & Hounds)
- 1878 Roehampton - **Spartan H** - P H Stenning (Thames Hare & Hounds)
- 1879 Roehampton - **Thames Hare & Hounds** - P H Stenning (Thames Hare & Hounds)
- 1880 Roehampton-**Birchfield H**-PH Stenning(Thames Hare & Hounds)
- 1881 Roehampton-**Moseley H**-GADunning(Clapton Beagles)
- 1882 Roehampton - **Moseley H** - W G George (Mose-ey H)
- 1883 Roehampton-**Moseley H** - GADunning(Clapton Beagles)
- 1884 Four Oaks, Sutton Coldfield - **Moseley H** - W G George (Moseley H)
- 1885 Manchester - **Liverpool H** - W Snook (Birchfield H)
- 1886 Croydon - **Birchfield H** - J E Hickman (Godiva H)
- 1887 Four Oaks, Sutton Coldfield - **Birchfield H** - J E Hickman (Godiva H)
- 1888 Manchester - **Birchfield H** - E W Parry (Salford H)
- 1889 Kempton - **Salford H** - E W Parry (Salford H)
- 1890 Sutton Coldfield - **Salford H** - E W Parry (Salford H)
- 1891 Prenton, Birkenhead - **Birchfield H** - J Kibblewhite (Spartan H)
- 1892 Ockham - *Tie between Birchfield H and Essex Beagles* - H A Heath (South London H). In the subsequent run-off Birchfield H won by 35 pts to 43 pts
- 1893 Redditch - **Essex Beagles** - H A Heath (South London H)
- 1894 Blackpool - **Salford H** - G Crossland (Salford H)
- 1895 Wembley - **Birchfield H** - S Cottrill (Thames Valley H)
- 1896 Water Orton - **Salford H** - G Crossland (Manchester H)
- 1897 Trafford Park - *Tie between Salford H and Manchester H* - S J Robinson (Northampton & County AC)
- 1898 Horton, Northants - **Salford H** - S J Robinson (Northampton & County AC)
- 1899 Wembley - **Highgate H** - C Bennett (Finchley H)
- 1900 Rotherham - **Finchley H** - C Bennett (Finchley H)
- 1901 Leicester - **Essex Beagles** - A Shrubbs (South London H)
- 1902 Lingfield - **Highgate H** - A Shrubbs (South London H)
- 1903 Haydock - **Birchfield H** - A Shrubbs (South London H)
- 1904 Wolverhampton - **Highgate H** - A Shrubbs (South London H)
- 1905 Lingfield - **Highgate H** - A Aldridge (Highgate H)
- 1906 Haydock - **Sutton H & AC** - C J Straw (Sutton H & AC)
- 1907 Colwall - **Birchfield H** - G Pearce (Highgate H)
- 1908 Newbury - **Hallamshire H** - A J Robertson (Birchfield H)
- 1909 Haydock - **Birchfield H** - J Murphy (Hallam-shire H)
- 1910 Derby - **Hallamshire H** - F C Neaves (Surrey AC)
- 1911 Taplow - **Hallamshire H** - F N Hibbins (Thrapston H & AC)
- 1912 Haydock - **Hallamshire H** - F N Hibbins (Thrapston H & AC)
- 1913 Wolverhampton - **Birchfield H** - E Glover (Hallamshire H)
- 1914 Chesham - **Surrey AC** - C H Ruffell (Highgate H)
- 1915-1919 No championships
- 1920 Windsor Great Park - **Birchfield H** - J Guillemot (France)
- 1921 Doncaster - **Birchfield H** - W Freeman (Birchfield H)
- 1922 Hereford - **Birchfield H** - J Guillemot (France)
- 1923 Beaconsfield - **Birchfield H** - C E Blewitt (Birchfield H)
- 1924 Doncaster - **Birchfield H** - Cpl W M Cotterell (Royal Corps Signals)
- 1925 Hereford - **Birchfield H** - Cpl W M Cotterell (Royal Corps Signals)
- 1926 Wolverton - **Birchfield H** - J E Webster (Birchfield H)
- 1927 Crewe - **Hallamshire H** - E Harper (Hallamshire H)
- 1928 Leamington - **Birchfield H** - J E Webster (Birchfield H)
- 1929 Beaconsfield - **Birchfield H** - E Harper (Hallamshire H)
- 1930 Sheffield - **Birchfield H** - W B Howard (Kettering Town H)
- 1931 Kettering - **Birchfield H** - J H Potts (Saltwell H)
- 1932 Wolverton - **Birchfield H** - J H Potts (Saltwell H)
- 1933 Alderley Edge - **Birchfield H** - T Evenson (Salford H)
- 1934 Homley Park - **Birchfield H** - S Dodd (Wirral AC)
- 1935 Beaconsfield - **Belgrave H** - F Close (Reading AC)
- 1936 Alderley Edge - **Birchfield H** - J H Potts (Saltwell H)
- 1937 Stratford-upon-Avon - **Birchfield H** - H D Clark (York H)
- 1938 Reading - **Mitcham AC** - J T Holden (Tipton H)
- 1939 Worsley - **Belgrave H** - J T Holden (Tipton H)
- 1940-1945 No championships
- 1946 Leamington Spa - **Belgrave H** - J T Holden (Tipton H)
- 1947 Apsley - **Sutton H & AC** - A A Robertson (Reading AC)
- 1948 Sheffield - **Belgrave H** - S C Wooderson (Blackheath H)
- 1949 Bromford Bridge, Birmingham - **Sutton H** - F E Aaron (Leeds St Marks H)
- 1950 Aylesbury - **Sutton H** - F E Aaron (Leeds St Marks H)
- 1951 Richmond, Yorkshire - **Sutton H** - F E Aaron (Leeds St Marks H)
- 1952 Great Barr, Birmingham - **Victoria Park AAC** - W Hesketh (Manchester A & CC)
- 1953 Reading - **Birchfield H** - D A G Pirie (South London H)
- 1954 Birkenhead - **Bolton United H & AC** - D A G Pirie (South London H)
- 1955 Bedford - **South London H** - D A G Pirie (South London H)
- 1956 Warwick - **Sheffield United H & AC** - K L Norris (Thames Valley H)
- 1957 Parliament Hill - **South London H** - F D Sando (Aylesford PMSC)
- 1958 Birkenhead - **South London H** - A F Perkins (Ilford AC)
- 1959 Peterborough - **Sheffield United H & AC** - F Norris (Bolton United H)
- 1960 West Bromwich - **Derby & County AC** - B B Heatley (Coventry Godiva H)
- 1961 Parliament Hill - **Derby & County AC** - B B Heatley (Coventry Godiva H)
- 1962 Stanley Park, Blackpool - **Derby & County AC** - G North (Blackpool & Fylde AC)
- 1963 Cambridge - **Coventry Godiva H** - B B Heatley (Coventry Godiva H)
- 1964 Leicester - **Portsmouth AC** - M R Batty (Thurrock H)
- 1965 Parliament Hill - **Portsmouth AC** - M R Batty (Thurrock H)
- 1966 Sheffield - **North Staffs & Stone HAC** - R Hill (Bolton United H)
- 1967 Norwich - **Portsmouth AC** - R Taylor (Coventry Godiva H)

- 1968 Sutton Coldfield - **Coventry Godiva H** - R Hill (Bolton United H)
- 1969 Parliament Hill - **Tipton H** - M Tagg (Norfolk Gazelles)
- 1970 Blackpool - **City of Stoke AC** - T Wright (Hallamshire H)
- 1971 Norwich - **Shettleston H** - D Bedford (Shaftesbury H)
- 1972 Sutton Coldfield - **Tipton H** - M Thomas (Thames Valley H)
- 1973 Parliament Hill - **Gateshead H & AC** - D Bedford (Shaftesbury H)
- 1974 Sheffield - **Derby & County AC** - D Black (Small Heath H)
- 1975 Stopsley, Luton - **Gateshead H & AC** - A Simmons (Luton United AC)
- 1976 Leicester - **Gateshead H & AC** - B Ford (Aldershot Farnham & District AC)
- 1977 Parliament Hill - **Gateshead H & AC** - B Foster (Gateshead H & AC)
- 1978 Leeds - **Tipton H** - B Ford (Aldershot Farnham & District AC)
- 1979 Stopsley, Luton - **Gateshead H & AC** - M McLeod (Elswick H)
- 1980 Leicester - **Tipton H** - N Rose (Bristol AC)
- 1981 Parliament Hill - **Tipton H** - J Goater (Shaftesbury H)
- 1982 Leeds - **Tipton H** - D Clarke (Hercules Wimbledon AC)
- 1983 Stopsley, Luton - Aldershot Farnham & District AC - T Hutchings (Crawley AC)
- 1984 Newark - **Aldershot Farnham & District AC** - E Martin (Basildon AC)
- 1985 Milton Keynes - **Aldershot Farnham & District AC** - D Lewis (Rossendale H & AC)
- 1986 Newcastle - **Tipton H** - T Hutchings (Crawley AC)
- 1987 Stopsley, Luton - **Gateshead H & AC** - D Clarke (Hercules Wimbledon AC)
- 1988 Newark - **Birchfield H** - D Clarke (Hercules Wimbledon AC)
- 1989 Epsom - **Tipton H** - D Lewis (Rossendale H & AC)
- 1990 Leeds - **Valli H** - R Nerurkar (Bingley H & AC)
- 1991 Stopsley, Luton - **Bingley H & AC** - R Nerurkar (Bingley H & AC)
- 1992 Newark - **Tipton H** - E Martin (Basildon AC)
- 1993 Parliament Hill - **Bingley H & AC** - R Nerurkar (Bingley H & AC)
- 1994 South Shields - **Blackheath H** - D Lewis (Rossendale H & AC)
- 1995 Wigmore, Luton - **Blackheath H** - S Duval (Cannock & Stafford AC)
- 1996 Newark - **Bingley H & AC** - J Nuttall (Preston H & AC)
- 1997 Havant - **Tipton H** - S White (Coventry Godiva H)
- 1998 Leeds - **Bingley H & AC** - D Bannister (Shaftesbury Barnet H)
- 1999 Newark - **Tipton H** - J Pugsley (Birchfield H)
- 2000 Stowe - **Tipton H** - G Tromans (Coventry Godiva H)
- 2001 Durham - **Bingley H & AC** - M Openshaw (Birchfield H)
- 2002 Bristol - **Bingley H & AC** - S Haughian (Windsor Slough Eton & Hounslow AC)
- 2003 Parliament Hill - **Leeds City AC** - M Smith (Tipton H)
- 2004 Leeds - **Belgrave H** - G Tromans (Coventry Godiva H)
- 2005 Birmingham - **Salford H & AC** - G Tromans (Coventry Godiva H)
- 2006 Parliament Hill - **Leeds City AC** - P Riley (Leigh H & AC)
- 2007 Sunderland - **Leeds City AC** - F Tickner (Wells City H)
- 2008 Alton Towers - **Leeds City AC** - T Humphries (Cannock & Stafford AC)
- 2009 Parliament Hill - **Newham & Essex Beagles** - F Tickner (Wells City H)
- 2010 Leeds - **Aldershot Farnham & District AC** - A Vernon (Aldershot Farnham & District AC)
- 2011 Alton Towers - **Leeds City AC** - S Vernon (Stockport Harriers & AC)
- 2012 Parliament Hill - **Leeds City AC** - K Gerrard (Newham & Essex Beagles AC)
- 2013 Herrington Country Park - **Morpeth Harriers & AC** - K Gerrard (Newham & Essex Beagles AC)
- 2014 Wollaton Park - **Bedford & County AC** - S Vernon (Stockport Harriers & AC)
- 2015 Parliament Hill - **Notts AC** - Charlie Hulson (Sale H Manchester)
- 2016 Donington - **Morpeth H** - Jonathan Hay (Aldershot Farnham & Dist AC)
- 2017 Wollaton Park - **Tonbridge AC** - Ben Connor (Derby AC)
- 2018 Parliament Hill - **Tonbridge AC** - Adam Hickey (Southend on Sea AC)
- 2019 Harewood House, Leeds - **Leeds City AC** - Mahamed Mahamed (Southampton AC)
- 2020 Wollaton Park - **Tonbridge AC** - Calum Johnson (Gateshead H&AC)
- 2021 No Championship
- 2022 Parliament Hill - **Southampton AC** - Mahamed Mahamed (Southampton AC)
- 2023 Bolesworth Castle, Chester - **Leeds City AC**; James Kingston (Tonbridge AC)
- 2024 Weston Park, Shropshire - **Bristol & West AC** - Hugo Milner (Derby AC)

JUNIOR MEN

- 1948 Sheffield - **Westbury H** - W M Atkinson (Kettering Town H)
- 1949 Bromford Bridge, Birmingham - **Sheffield United H** - G B Saunders (Bolton United H)
- 1950 Aylesbury - **East Cheshire H** - W Hesketh (Manchester A & CC)
- 1951 Richmond, Yorkshire - **Thames Valley H** - W Hesketh (Manchester A & CC)
- 1952 Great Barr, Birmingham - **Coventry Godiva H** - J Wild (East Cheshire H)
- 1953 Reading - **Essex Beagles** - P B Driver (South London H)
- 1954 Birkenhead - **Sheffield United H** - K F Caulder (Surrey AC)
- 1955 Bedford - **South London H** - J McLaren (Shotts Miners' Welfare, Scotland)
- 1956 Warwick - **South London H** - S R Langridge (South London H)
- 1957 Parliament Hill - **Bristol AC** - G A North (Blackpool & Fylde AC)
- 1958 Birkenhead - **Derby & County AC** - A A Cocking (Bramley & District AC)
- 1959 Peterborough - **Middlesbrough & Cleveland H** - S James (Middlesbrough & Cleveland H)
- 1960 West Bromwich - **Derby & County AC** - A E Walker (North Staffs & Stone H)

- 1961 Parliament Hill - **Tipton H** - C Robinson (Rochdale H)
- 1962 Blackpool - **North Staffs & Stone H & AC** - M R Heath (Cambridge U H & H)
- 1963 Cambridge - **Coventry Godiva H** - J Farrington (Cheltenham & County H)
- 1964 Leicester - **Coventry Godiva H** - P Yates (Windsor & Eton AC)
- 1965 Parliament Hill - **Hallamshire H** - R Taylor (Coventry Godiva H)
- 1966 Sheffield - **Sale H** - M Tagg (Norfolk Gazelles)
- 1967 Norwich - **Sale H** - M Tagg (Norfolk Gazelles)
- 1968 Sutton Coldfield - **Mitcham AC** - I Stewart (Birchfield H)
- 1969 Parliament Hill - **Brighton & Hove AC** - A Holden (Preston H)
- 1970 Blackpool - **Brighton & Hove AC** - K Rollason (Tipton H)
- 1971 Norwich - **Birmingham University AC** - J Lane (Feltham AC)
- 1972 Sutton Coldfield - **Aldershot Farnham & District AC** - D Black (Small Heath H)
- 1973 Parliament Hill - **Loughborough Colleges AC** - N Coupland (Southampton & Eastleigh AC)
- 1974 Sheffield - **City of Stoke AC** - N Coupland (Southampton & Eastleigh AC)
- 1975 Stopsley, Luton - **Birmingham University AC** - S Ovett (Brighton & Hove AC)
- 1976 Leicester - **Sale H** - N Muir (Shettleston H)
- 1977 Parliament Hill - **Birmingham University AC** - N Muir (Shettleston H)
- 1978 Leeds - **Birmingham University AC** - N Lees (Derby & County AC)
- 1979 Stopsley, Luton - **Essex Beagles** - S Binns (Bingley H & AC)
- 1980 Leicester - **Birchfield H** - M Morton (Blackburn H)
- 1981 Parliament Hill - **Rossendale H & AC** - J Doherty (Leeds City AC)
- 1982 Leeds - **Birchfield H** - S Harris (Shaftesbury H)
- 1983 Stopsley, Luton - **Leicester Coritanian AC** - J Richards (Duchy of Cornwall AC)
- 1984 Newark - **Tipton H** - R Carter (Brighton & Hove AC)
- 1985 Milton Keynes - **Birmingham University AC** - P Roden (East Cheshire H)
- 1986 Newcastle - **Tonbridge AC** - C Sweeney (Birmingham University AC)
- 1987 Stopsley, Luton - **Newham & Essex Beagles AC** - R Findlow (Airedale & Spen Valley AC)
- 1988 Newark - **Aldershot Farnham & District AC** - S Mugglestone (Westbury H)
- 1989 Epsom - **Bingley H & AC** - S Brooks (Bingley H & AC)
- 1990 Leeds - **Chester-le-Street & District AC** - S Duval (Cannock & Stafford AC)
- 1991 Stopsley, Luton - **Sale H** - A Pearson (Longwood H AC)
- 1992 Newark - **Sale H** - A Pearson (Longwood H AC)
- 1993 Parliament Hill - **Coventry Godiva H** - S White (Coventry Godiva H)
- 1994 South Shields - **Coventry Godiva H** - K Tadesse (Belgrave H)
- 1995 Wigmore, Luton - **London Irish AC** - D McCormack (Vauxhall AC)
- 1996 Newark - **Peterborough AC** - M O'Dowd (Swindon AC)
- 1997 Havant - **Borough of Hounslow AC** - S Wilkinson (Stourport AC)
- 1998 Leeds - **Aldershot Farnham & District AC** - Andrew Graffin (Tonbridge AC)
- 1999 Newark - **Solihull & Small Heath AC** - S Haughian (Borough of Hounslow AC)
- 2000 Stowe - **Aldershot Farnham & District AC** - C Thompson (Aldershot Farnham & District AC)
- 2001 Durham - **Sale H Manchester** - C Thompson (Aldershot Farnham & District AC)
- 2002 Bristol - **Aldershot Farnham & District AC** - L McCash (Shaftesbury Barnet H)
- 2003 Parliament Hill - **Aldershot Farnham & District AC** - M Farah (Windsor Slough Eton & Hounslow AC)
- 2004 Leeds - **Aldershot Farnham & District AC** - P McGlory (Liverpool H & AC)
- 2005 Birmingham - **Aldershot Farnham & District AC** - K Gerrard (Manx H)
- 2006 Parliament Hill - **Aldershot Farnham & District AC** - A Vernon (Aldershot Farnham & District AC)
- 2007 Sunderland - **Liverpool H & AC** - K Deighton (Bridlington RR)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - L Carey (Nuneaton Harriers)
- 2009 Parliament Hill - **City of Norwich AC** - N Goolab (Belgrave H)
- 2010 Leeds - **Warrington AC** - N Goolab (Belgrave Harriers)
- 2011 Alton Towers - **Shaftesbury Barnet H** - J Hay (Aldershot Farnham & District AC)
- 2012 Parliament Hill - **Aldershot Farnham & Dist AC** - J Hay (Aldershot Farnham & District AC)
- 2013 Herrington Country Park - **Aldershot Farnham & Dist AC** - Ian Bailey (Aldershot Farnham & District AC)
- 2014 Wollaton Park - **Tonbridge** - Jonathan Davies (Reading AC)
- 2015 Parliament Hill - **Tonbridge AC** - Jonathan Davies (Reading AC)
- 2016 Donington - **Aldershot Farnham & Dist AC** - Ellis Cross (Aldershot, Farnham & Dist AC)
- 2017 Wollaton Park - **Aldershot, Farnham & Dist AC** - Ellis Cross (Aldershot, Farnham & Dist AC)
- 2018 Parliament Hill - **Milton Keynes Distance Project** - Mahamed Mahamed (Southampton AC)
- 2019 Harewood House, Leeds - **Tonbridge AC** - Rory Leonard (Morpeth H & AC)
- 2020 Wollaton Park - **Shaftesbury Barnet H** - Zakariya Mahamed (Southampton AC)
- 2021 No Championship
- 2022 Parliament Hill - **Aldershot Farnham & Dist AC** - Will Barnicoat (Aldershot Farnham & Dist AC)
- 2023 Bolesworth Castle, Chester - **Tonbridge AC**; Will Barnicoat (Aldershot Farnham & District AC)
- 2024 Weston Park, Shropshire - **Aldershot Farnham & Dist AC** - Aron Gebremariam (Birchfield H)

UNDER 17 MEN

- 1946 Leamington Spa - **Harehill Liberal Club** - G B Saunders (Derby & County AC)
- 1947 Apsley - **Tie between South London H and Liverpool H** - P J Pirie (South London H)
- 1948 Sheffield - **Sheffield United H** - W Hesketh (Manchester A & CC)
- 1949 Bromford Bridge, Birmingham - **Thames Valley H** - J Price (East Cheshire H)
- 1950 Aylesbury - **Sutton H** - W I Williams (Salford H)
- 1951 Richmond, Yorkshire - **Sheffield United H** - W I Williams (Salford H)
- 1952 Great Barr, Birmingham - **Ilford AC** - D J Richards (Barry Grammar School)
- 1953 Reading - **Sheffield United H** - M Reeve (Southend AC)
- 1954 Birkenhead - **South London H** - A Cocking (Bramley & District H)
- 1955 Bedford - **South London H** - A Cocking (Bramley & District H)
- 1956 Warwick - **Liverpool H & AC** - J R Parker (Westbury H)
- 1957 Parliament Hill - **Shaftesbury H** - G Howard (Watford H)
- 1958 Birkenhead - **Walton AC** - M Harrop (Halifax H & AC)
- 1959 Peterborough - **Saltwell H** - K Smith (Deptford AC)
- 1960 West Bromwich - **Hallamshire H** - R Dungworth (Rotherham H)
- 1961 Parliament Hill - **Derby & County AC** - V Poke (Hallamshire H)
- 1962 Blackpool - **Birchfield H** - J Simmons (Derby & County AC)
- 1963 Cambridge - **Luton H & H** - P Romaine (Spalding & District AC)
- 1964 Leicester - **Sale H** - D Atkin (Airedale H)
- 1965 Parliament Hill - **Sale H** - D Atkin (Airedale H)
- 1966 Sheffield - **Sale H** - B Mileson (Sunderland H)
- 1967 Norwich - **Waterloo HAC** - A Simmons (Luton United H)
- 1968 Sutton Coldfield - **Wakefield H** - D Bedford (Shaftesbury H)
- 1969 Parliament Hill - **Airedale & Spen Valley AC** - C Garforth (Hull H)
- 1970 Blackpool - **Small Heath H** - C Falconer (Springburn H)
- 1971 Norwich - **Liverpool Pembroke AC** - D Black (Small Heath H)
- 1972 Sutton Coldfield - **Sale H** - N Saunders (Southgate H)
- 1973 Parliament Hill - **Achilles AC** - R Crabb (Swindon AC)
- 1974 Sheffield - **Bristol AC** - M Longhorn (Bradford Grammar School)
- 1975 Stopsley, Luton - **Gateshead H & AC** - J Mills (Gateshead H & AC)
- 1976 Leicester - **Brighton & Hove AC** - N Martin (Bracknell AC)
- 1977 Parliament Hill - **Birchfield H** - M Morton (Blackburn H & AC)
- 1978 Leeds - **Birchfield H** - S Catchpole (King Edward School)
- 1979 Stopsley, Luton - **Birchfield H** - D Lewis (Rossendale H & AC)
- 1980 Leicester - **Gateshead H & AC** - P Elliott (Rotherham H)
- 1981 Parliament Hill - **Wirral AC** - J Richards (Duchy of Cornwall AC)
- 1982 Leeds - **Thames Valley H** - M Vile (Westbury H)
- 1983 Stopsley, Luton - **Wirral AC** - P Taylor (Copeland AC)
- 1984 Newark - **Tonbridge AC** - R Findlow (Airedale & Spen Valley AC)
- 1985 Milton Keynes - **Wolverhampton & Bilston AC** - D Mead (Thetford AC)
- 1986 Newcastle - **Birchfield H** - D Mead (Thetford AC)
- 1987 Stopsley, Luton - **GEC Avonics AC** - J Dennis (Camberley & District AC)
- 1988 Newark - **Chester-le-Street & District AC** - J Brown (Hallamshire H)
- 1989 Epsom - **Warrington AC** - J Gascoyne (Harlow AC)
- 1990 Leeds - **Sale H** - C Rees (Elswick H)
- 1991 Stopsley, Luton - **Wirral AC** - T Mackin (Old Gaytonians AC)
- 1992 Newark - **Shaftesbury Barnet H** - M Steinle (Blackheath H)
- 1993 Parliament Hill - **Derby & County AC** - K Farrow (Derby & County AC)
- 1994 South Shields - **Aldershot Farnham & District AC** - A Oldfield (Kettering Town H)
- 1995 Wigmore, Luton - **Cornwall AC** - Andrew Graffin (Tonbridge AC)
- 1996 Newark - **Oadby & Wigston Legionnaires** - P Morby (Solihull & Small Heath AC)
- 1997 Havant - **Blackheath H** - G Thompson (Crawley AC)
- 1998 Leeds - **Blackheath H** - L McCash (Pendle AC)
- 1999 Newark - **Sunderland H & AC** - M Farah (Borough of Hounslow AC)
- 2000 Stowe - **Borough of Hounslow AC** - M Farah (Borough of Hounslow AC)
- 2001 Durham - **Aldershot Farnham & District AC** - S Ablitt (Grantham AC)
- 2002 Bristol - **Liverpool Pembroke & Sefton H & AC** - T Humphries (Cannock & Stafford AC)
- 2003 Parliament Hill - **Bristol AC** - G Freeman (Invicta East Kent AC)
- 2004 Leeds - **Southend-on-Sea AC** - A Hickey (Southend-on-Sea AC)
- 2005 Birmingham - **Southend-on-Sea AC** - A Hickey (Southend-on-Sea AC)
- 2006 Parliament Hill - **OWLS AC** - L Carey (Nuneaton H)
- 2007 Sunderland - **Aldershot Farnham & District AC** - D Forrester (St Helens Sutton AC)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - D Clorley (Luton AC)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - J Hay (Aldershot Farnham & District AC)
- 2010 Leeds - **Tonbridge AC** - Richard Goodman (Shaftsbury Barnet Harriers)
- 2011 Alton Towers - **Tonbridge AC** - K Clements (Ipswich H)
- 2012 Parliament Hill - **Aldershot Farnham & Dist AC** - M Shirling (Liverpool Harriers & AC)
- 2013 Herrington Country Park - **Tonbridge AC** - Adam Howard (Oldham & Royton Harriers & AC)
- 2014 Wollaton Park - **Shaftesbury Barnet Harriers** - Zak Miller (Trafford AC)
- 2015 Parliament Hill - **Tonbridge AC** - Mahamed Mahamed (Southampton AC)
- 2016 Donington - **Tonbridge AC** - Isaac Akers (Corby AC)

- 2017 Wollaton Park - **Tonbridge AC** - James Puxty (Tonbridge AC)
- 2018 Parliament Hill - **Cambridge & Coleridge AC** - David Stone (Shaftesbury Barnet H)
- 2019 Harewood House, Leeds - **Invicta East Kent AC** - Samuel Charlton (Wallsend H & AC)
- 2020 Wollaton Park - **Windsor Slough Eton & Hounslow AC** - Will Bamicoat (Windsor Slough Eton & Hounslow AC)
- 2021 No Championship
- 2022 Parliament Hill - **South London H** - Sam Mills (Exeter H)
- 2023 Bolesworth Castle, Chester - **Aldershot Farnham & Dist AC**; Henry Dover (Shaftesbury Barnet H)
- 2024 Weston Park, Shropshire - **Aldershot Farnham & Dist AC** - Michael Clark (City of Norwich AC)

UNDER 15 BOYS

- 2003 Parliament Hill - **Aldershot Farnham & District AC** - M Burgess (Woodford Green AC with Essex Ladies)
- 2004 Leeds - **City of Stoke AC** - A Derricott (City of Stoke AC)
- 2005 Birmingham - **Leeds City AC** - S Horsfield (East Cheshire H & Tameside AC)
- 2006 Parliament Hill - **Tonbridge AC** - M Withey (Stroud & District AC)
- 2007 Sunderland - **Tonbridge AC** - N Young (Mendip AC)
- 2008 Alton Towers - **Bedford & County AC** - S Webb (Ipswich H)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - H Dixon (Aldershot Farnham & District AC)
- 2010 Leeds - **Shaftesbury Barnet Harriers** - J McMurray (St Albans AC)
- 2011 Alton Towers - **Tonbridge AC** - A Howard (Oldham & Royton Harriers & AC)
- 2012 Parliament Hill - **Windsor Slough Eton & Hounslow AC** - G Duggan (Tonbridge AC)
- 2013 Herrington Country Park - **Aldershot Farnham & Dist AC** - Daniel Evans (Warrington AC)
- 2014 Wollaton Park - **Bedford & County AC** - Ben Dijkstra (Leicester Coritnian AC)
- 2015 Parliament Hill - **Tonbridge AC** - George Groom (Shaftesbury Barnet H)
- 2016 Donington Park - **Vale Royal AC** - Josh Cowperthwaite (Middlesbrough AC)
- 2017 Wollaton Park - **Middlesbrough AC** - Kristian Imroth (Dacorum & Tring AC)
- 2018 Parliament Hill - **Aldershot Farnham & District AC** - Mohamed Ali (Ealing Southall & Middlesex AC)
- 2019 Harewood House, Leeds - **Aldershot Farnham & District AC** - Alexander Thompson (Wharfedale H)
- 2020 Wollaton Park - **South London H** - Lewis Sullivan (Saint Edmund Pacers)
- 2021 No Championship
- 2022 Parliament Hill - **Chiltern HAC** - Robert Price (Vale Royal AC)
- 2023 Bolesworth Castle, Chester - **Trafford AC**; Owen Ulfig (Wolverhampton & Bilston AC)
- 2024 Weston Park, Shropshire - **Tonbridge AC**; Mikey Bacon (Rotherham H & AC)

UNDER 13 BOYS

- 2003 Parliament Hill - **Royal Sutton Coldfield AC** - C Booker (Halesowen AC)
- 2004 Leeds - **Aldershot Farnham & District AC** - M Jackson (Warrington AC)
- 2005 Birmingham - **Tonbridge AC** - N Young (Mendip AC)
- 2006 Parliament Hill - **Aldershot Farnham & District AC** - R Letch (Aldershot Farnham & District AC)
- 2007 Sunderland - **Tonbridge AC** - T Purnell (Stroud & District AC)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - J Knox (Helm Hill Runners)
- 2010 Leeds - **Tonbridge AC** - G Duggan (Tonbridge AC)
- 2011 Alton Towers - **Leicester Coritnian AC** - G Elliott (Benfleet RC)
- 2012 Parliament Hill - **Bedford & County AC** - C Solomon (Woodford Green AC with Essex Ladies)
- 2013 Herrington Country Park - **Tonbridge AC** - T Kendrick (Tonbridge AC)
- 2014 Wollaton Park - **Charnwood AC** - Joshua Cowperthwaite (Middlesbrough AC)
- 2015 Parliament Hill - **Aldershot, Farnham & Dist AC** - Tommy Dawson (Leeds City AC)
- 2016 Donington - **Aldershot, Farnham & Dist AC** - Tommy Dawson (Leeds City AC)
- 2017 Wollaton Park - **Aldershot, Farnham & Dist AC** - Jaden Kennedy (Herne Hill H)
- 2018 Parliament Hill - **Chiltern HAC** - William Rabjohns (Poole AC)
- 2019 Harewood House, Leeds - **South London H** - Benjamin Peck (Thetford AC)
- 2020 Wollaton Park - **Chiltern HAC** - Alden Collier (Chiltern HAC)
- 2021 No Championship
- 2022 Parliament Hill - **Trafford AC** - Jake Meyburgh (Windsor Slough Eton & Hounslow AC)
- 2023 Bolesworth Castle, Chester - **Herne Hill H**; Thomas Thake (Hallamshire H Sheffield)
- 2024 Weston Park, Shropshire - **Hercules Wimbledon AC**; Theo Creed (Hercules Wimbledon AC)

SENIOR WOMEN

- 1927 Luton - **Middlesex Ladies AC** - A M A Williams (Littlehampton LAC)
- 1928 Chigwell - **Middlesex Ladies AC** - L D Styles (Littlehampton LAC)
- 1929 Perivale - **Middlesex Ladies AC** - L D Styles (Littlehampton AC)
- 1930 Wolverton - **Westbury H** - L D Styles (Littlehampton AC)
- 1931 Epsom - **London Olympiades AC** - G A Lunn (Birchfield H)
- 1932 Coventry - **Birchfield H** - G A Lunn (Birchfield H)
- 1933 Warwick - **Airedale H** - L D Styles (Haywards Heath LAC)
- 1934 Kettering - **London Olympiades AC** - L D Styles (London Olympiades AC)
- 1935 Longbridge - **London Olympiades AC** - N Halstead (Radcliffe H & AC)
- 1936 Chidwell Row - **Small Heath H** - N Halstead (Radcliffe H & AC)

- 1937 Perry Barr - **Birchfield H** - L D Styles (London Olympiades AC)
- 1938 Luton - **Birchfield H** - E Forster (Civil Service AC)
- 1939 Rugby - **Birchfield H** - E Forster (Civil Service AC)
- 1940-1945 No championships
- 1946 Cheltenham - **Birchfield H** - P Sandall (Birchfield H)
- 1947 Oxford - **Birchfield H** - R M Wright (St Gregory's LAC)
- 1948 Sutton Coldfield - **Birchfield H** - I Kibler (Birchfield H)
- 1949 Worsley - **Birchfield H** - E Johnson (Airedale H)
- 1950 Parliament Hill - **Birchfield H** - A Gibson (North Shields Poly LAC)
- 1951 Tadcaster - **Ilford AC** - P E M Green (Ilford AC)
- 1952 Perry Barr - **Ilford AC** - P E M Green (Ilford AC)
- 1953 Birmingham - **Birchfield H** - D S Leather (Birchfield H)
- 1954 Aylesbury - **Birchfield H** - D S Leather (Birchfield H)
- 1955 Leeds - **Ilford AC** - D S Leather (Birchfield H)
- 1956 Sutton Coldfield - **Ilford AC** - D S Leather (Birchfield H)
- 1957 Enfield - **Ilford AC** - J Bridgland (Southampton AC)
- 1958 Winton, Lincs - **Highgate H** - R Ashby (Coventry Godiva H)
- 1959 Birmingham - **London Olympiades AC** - J Byatt (Hampstead H)
- 1960 Morden Park - **Ilford AC** - J Byatt (Hampstead H)
- 1961 Sheffield - **London Olympiades AC** - R Ashby (Coventry Godiva H)
- 1962 Wolverhampton - **London Olympiades AC** - R Ashby (Coventry Godiva H)
- 1963 Richmond Park - **Mitcham AC** - M C Ibbotson (Longwood LAC)
- 1964 Bury - **Bury & Radcliffe AC** - M C Ibbotson (Longwood LAC)
- 1965 Birmingham - **Maryhill LAC** - P Davies (Selsonia AC)
- 1966 Watford - **Maryhill LAC** - P Davies (Selsonia AC)
- 1967 Blackburn - **Barnet & District AC** - P Davies (Selsonia AC)
- 1968 Coventry - **Cambridge H** - P Davies (Selsonia AC)
- 1969 Aldershot - **Barnet & District AC** - R Lincoln (Essex Ladies AC)
- 1970 Blackburn - **Cambridge H** - R Lincoln (Essex Ladies AC)
- 1971 Wolverhampton - **Coventry Godiva H** - R Lincoln (Essex Ladies AC)
- 1972 High Wycombe - **Cambridge H** - R Lincoln (Essex Ladies AC)
- 1973 Rawtenstall - **Cambridge H** - J Smith [Byatt] (Barnet Ladies AC)
- 1974 Leicester - **Barnet & District AC** - R Ridley [Lincoln] (Essex Ladies AC)
- 1975 Parliament Hill - **Cambridge H** - C Tranter (Stretford AC) - D Nagle (Guinness AC) Guest 1st
- 1976 Blackburn - **London Olympiades AC** - A Ford (Hounslow AC)
- 1977 Stoke - **Sale H** - G Penny (Cambridge H)
- 1978 High Wycombe - **Sale H** - M Stewart (Birchfield H)
- 1979 Runcorn - **Aldershot Farnham & District AC** - K Binns (Sale H)
- 1980 Rugeley - **Birchfield H** - R Smeeth (Aldershot Farnham & District AC)
- 1981 Colchester - **Sale H** - W Smith (Hounslow AC)
- 1982 Carlisle - **Sale H** - P Fudge (Hounslow AC)
- 1983 Warwick - **Sale H** - C Benning [Tranter] (Southampton AC)
- 1984 Knebworth - **Aldershot Farnham & District AC** - J Furniss [Shields] (Sheffield AC)
- 1985 Birkenhead - **Crawley AC** - A Tooby (Cardiff AC)
- 1986 Leicester - **Sale H** - C Bradford (Clevedon AC)
- 1987 Bexley - **Sale H** - J Shields (Sheffield AC)
- 1988 Leeds - **Birchfield H** - H Titterington (Leicester Coritanian AC)
- 1989 Birmingham - **Parkside (Harrow) AC** - A Pain [Hulley] (Leeds City AC)
- 1990 Rickmansworth - **Parkside (Harrow) AC** - A Whitcombe (Parkside [Harrow] AC)
- 1991 Birkenhead - **Parkside (Harrow) AC** - A Whitcombe (Parkside [Harrow] AC)
- 1992 Cheltenham - **Parkside (Harrow) AC** - L York (Leicester Coritanian AC)
- 1993 Luton - **Parkside (Harrow) AC** - G Stacey (Bromley Ladies AC)
- 1994 Blackburn - **Parkside (Harrow) AC** - P Radcliffe (Bedford & County AC)
- 1995 Luton - **Parkside (Harrow) AC** - K McCandless (Parkside [Harrow] AC)
- 1996 Newark - **Parkside (Harrow) AC** - A Wyeth (Parkside [Harrow] AC) - *N Lynch (Oxford University AC) 1st disqualified non-registered foreign athlete*
- 1997 Havant - **Leeds City AC** - A Whitcombe (Parkside [Harrow] AC)
- 1998 Leeds - **Shaftesbury Barnet H** - M Myers (Parkside [Harrow] AC)
- 1999 Newark - **Shaftesbury Barnet H** - A Newport (Basingstoke & Mid Hants AC)
- 2000 Stowe - **Shaftesbury Barnet H** - T Kryzwicki (Charnwood AC)
- 2001 Durham - **Sale H Manchester** - L Yelling (Bedford & County AC)
- 2002 Bristol - **Shaftesbury Barnet H** - L Yelling (Bedford & County AC)
- 2003 Parliament Hill - **Chester-le-Street & District AC** - H Yelling (Windsor Slough Eton & Hounslow AC)
- 2004 Leeds - **Bristol AC** - B Dagne (Belgrave H)
- 2005 Birmingham - **Bristol & West AC** - H Yelling (Windsor Slough Eton & Hounslow AC)
- 2006 Parliament Hill - **Charnwood AC** - E Hall (Herts Phoenix AC)
- 2007 Sunderland - **Winchester & District AC** - L Yelling (Bedford & County AC)
- 2008 Alton Towers - **Winchester & District AC** - L Yelling (Bedford & County AC)
- 2009 Parliament Hill - **Charnwood AC** - H Dean (Hallamshire H Sheffield)
- 2010 Leeds - **Charnwood AC** - S Twell (Aldershot Farnham & District AC)
- 2011 Alton Towers - **Charnwood AC** - L Damen (Winchester & District AC)
- 2012 Parliament Hill - **Hallamshire H** - G Steel (Charnwood AC)
- 2013 Herrington Country Park - **Aldershot Farnham & Dist AC** - Louise Damen (Winchester & District AC)
- 2014 Wollaton Park - **Aldershot, Farnham & Dist AC** - Gemma Steele (Charnwood AC)

- 2015 Parliament Hill - **Aldershot Farnham & District AC** - Lily Partridge (Aldershot, Farnham & Dist AC)
- 2016 Donington Park - **Aldershot Farnham & District AC** - Lily Partridge (Aldershot, Farnham & Dist AC)
- 2017 Wollaton Park - **Aldershot, Farnham & Dist AC** - Jessica Judd (Chelmsford AC)
- 2018 Parliament Hill - **Sale H Manchester** - Phoebe Law (Kingston AC & Polytechnic H)
- 2019 Harewood House, Leeds - **Leeds City AC** - Emily Hosker-Thornhill (Aldershot Farnham & District AC)
- 2020 Wollaton Park - **Aldershot Farnham & District AC** - Anna Moller (Aldershot Farnham & District AC)
- 2021 No Championship
- 2022 Parliament Hill - **Leeds City AC** - Jessica Gibbon (Reading AC)
- 2023 Bolesworth Castle, Chester - **Charnwood AC**; Sarah Astin (Belgrave H)
- 2024 Weston Park, Shropshire - **Aldershot, Farnham & Dist AC** - Niamh Brown (Aldershot Farnham & Dist AC)

JUNIOR WOMEN (U20)

- 1992 Cheltenham - **Bedford & County AC** - P Radcliffe (Bedford & County AC)
- 1993 Luton - **Bedford & County AC** - S Murphy (Shaftesbury Barnet H)
- 1994 Blackburn - **Parkside (Harrow) AC** - C O'Connor (Oldham & Royton H & AC)
- 1995 Luton - **Medway AC** - A Braham (Parkside [Harrow] AC)
- 1996 Newark - **Sale H Manchester** - B Dagne (Essex Ladies AC)
- 1997 Havant - **Bristol AC** - B Dagne (Essex Ladies AC)
- 1998 Leeds - **Bristol AC** - A Waterlow (Sale H Manchester)
- 1999 Newark - **Charnwood AC** - S Thomas (Wallsend H & AC)
- 2000 Stowe - **Charnwood AC** - C Walsh (Shaftesbury Barnet H)
- 2001 Durham - **Charnwood AC** - Juliet Potter (Charn-wood AC)
- 2002 Bristol - **Bristol AC** - Jane Potter (Charnwood AC)
- 2003 Parliament Hill - **Charnwood AC** - L Damen (Bournemouth AC)
- 2004 Leeds - **Aldershot Farnham & District AC** - F Fullerton (Havering Mayesbrook AC)
- 2005 Birmingham - **Aldershot Farnham & District AC** - L Kenny (Aldershot Farnham & District AC)
- 2006 Parliament Hill - **Bedford & County AC** - D Sale (Orion H)
- 2007 Sunderland - **Bristol & West AC** - J Sparke (Woodford Green AC with Essex Ladies)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - S Twell (Aldershot Farnham & District AC)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - S Twell (Aldershot Farnham & District AC)
- 2010 Leeds - **Aldershot Farnham & District AC** - J Harvey (Exeter Harriers)
- 2011 Alton Towers - **Aldershot, Farnham & District AC** - C Purdue (Aldershot, Farnham & District AC)
- 2012 Parliament Hill - **Aldershot Farnham & Dist AC** - E Gorecka (Aldershot, Farnham & District AC)

- 2013 Herrington Country Park - **Aldershot Farnham & Dist AC** - E Gorecka (Aldershot, Farnham & District AC)
- 2014 Wollaton Park - **Aldershot, Farnham & Dist AC** - Georgia Taylor-Brown (Sale Harriers Manchester AC)
- 2015 Parliament Hill - **Aldershot Farnham & District AC** - Rebecca Murray (Bedford & County AC)
- 2016 Donington - **Stockport HAC** - Harriet Knowles-Jones (Warrington AC)
- 2017 Wollaton Park - **Aldershot, Farnham & Dist AC** - Harriet Knowles-Jones (Warrington AC)
- 2018 Parliament Hill - **Sale H Manchester** - Harriet Knowles-Jones (Warrington AC)
- 2019 Harewood House, Leeds - **Herne Hill H** - Amelia Quirk (Bracknell AC)
- 2020 Wollaton Park - **Bracknell AC** - Amelia Quirk (Bracknell AC)
- 2021 No Championship
- 2022 Parliament Hill - **Aldershot Farnham & Dist AC** - Alexandra Millard (Invicta East Kent AC)
- 2023 Bolesworth Castle, Chester - **City of Norwich AC**; Beatrice Wood City of Salisbury AC & RC)
- 2024 Weston Park, Shropshire - **Vale Royal AC** - Emilia Platt (Salford H&AC)

UNDER 17 WOMEN

- 1967 Blackburn - **Rochdale H** - P Lewis (Bury & Radcliffe AC)
- 1968 Coventry - **Westbury H** - M Brownley (Bolton United H & AC)
- 1969 Aldershot - **Bury & Radcliffe AC** - M Sonner (Watford H)
- 1970 Blackburn - **Watford H** - M Sonner (Watford H)
- 1971 Wolverhampton - **Stretford AC** - M Stewart (Birchfield H)
- 1972 High Wycombe - **Sale H** - M Stewart (Birchfield H)
- 1973 Rawtenstall - **Rossendale H & AC** - M Stewart (Birchfield H)
- 1974 Leicester - **Aldershot Farnham & District AC** - A M Robinson (Sale H)
- 1975 Parliament Hill - **City of Stoke AC** - J Barras (Aldershot Farnham & District AC)
- 1976 Blackburn - **Verlea AC** - R Smeeth (Aldershot Farnham & District AC)
- 1977 Stoke - **Bracknell AC** - W Smith (Feltham AC)
- 1978 High Wycombe - **Sale H** - S Arthurton (Leeds City AC)
- 1979 Runcorn - **Sale H** - S Arthurton (Leeds City AC)
- 1980 Rugeley - **Sale H** - L King (Basingstoke AC)
- 1981 Colchester - **Leeds City AC** - A Hollington (Bournemouth AC)
- 1982 Carlisle - **Darlington H & AC** - A Hollington (Bournemouth AC)
- 1983 Warwick - **Andover AC** - L Ramwell (Sale H)
- 1984 Knebworth - **Sale H** - B Smyth (Phoenix AC)
- 1985 Birkenhead - **Sale H** - C Keller (Sale H)
- 1986 Leicester - **Sale H** - P Mason (Guildford & Godalming AC)
- 1987 Bexley - **Leicester Coritanian AC** - A Holmes (Liverpool H & AC)
- 1988 Leeds - **Leicester Coritanian AC** - J Adkin (Tonbridge AC)

- 1989 Birmingham - **Leicester Coritanian AC** - L Watson (GEC Avionics AC)
- 1990 Rickmansworth - **City of Stoke AC** - G Stacey (Bromley Ladies AC)
- 1991 Birkenhead - **Cannock & Stafford AC** - P Radcliffe (Bedford & County AC)
- 1992 Cheltenham - **Bedford & County AC** - S Murphy (Shaftesbury Barnet H)
- 1993 Luton - **Bedford & County AC** - S Murphy (Shaftesbury Barnet H)
- 1994 Blackburn - **Aldershot Farnham & District AC** - B Gray (Riddings YC)
- 1995 Luton - **Sale H Manchester** - V Robinson (City of Stoke AC)
- 1996 Newark - **Liverpool H & AC** - A Gascoigne (Wells City H)
- 1997 Havant - **Shaftesbury Barnet H** - J Swallow (Brentwood AC)
- 1998 Leeds - **Liverpool H & AC** - Jane Potter (Rushcliffe AC)
- 1999 Newark - **Ipswich H** - Jane Potter (Rushcliffe AC)
- 2000 Stowe - **Bristol AC** - H Freeman (Invicta East Kent AC)
- 2001 Durham - **Sale H Manchester** - F Fullerton (Havering Mayesbrook AC)
- 2002 Bristol - **Aldershot Farnham & District AC** - K Wootton (Bedford & County AC)
- 2003 Parliament Hill - **Aldershot Farnham & District AC** - K Hawitt (Warrington AC)
- 2004 Leeds - **Aldershot Farnham & District AC** - J Sparke (Woodford Green AC with Essex Ladies)
- 2005 Birmingham - **Royal Sutton Coldfield AC** - S Edwards (Kettering Town H)
- 2006 Parliament Hill - **Rotherham H & AC** - S Edwards (Kettering Town H)
- 2007 Sunderland - **Rotherham H & AC** - C Purdue (Aldershot Farnham & District AC)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - L Park (Ellenborough AC)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - L Small (Aldershot Farnham & District AC)
- 2010 Leeds - **Aldershot Farnham & District AC** - E Gorecka (Aldershot Farnham & District AC)
- 2011 Alton Towers - **Aldershot Farnham & Dist AC** - E Gorecka (Aldershot Farnham & Dist AC)
- 2012 Parliament Hill - **Aldershot Farnham & Dist AC** - R Straw (Cannock & Staffs AC)
- 2013 Herrington Country Park - **Aldershot Farnham & Dist AC** - Annabel Mason (Wakefield District Harriers & AC)
- 2014 Wollaton Park - **Birtley AC** - Lydia Turner (Birtley AC)
- 2015 Parliament Hill - **Aldershot Farnham & District AC** - Harriet Knowles-Jones (Warrington AC)
- 2016 Donington - **Aldershot Farnham & Dist AC** - Niamh Brown (Aldershot Farnham & Dist AC)
- 2017 Wollaton Park - **Blackheath & Bromley HAC** - Amelia Quirk (Bracknell AC)
- 2018 Parliament Hill - **Liverpool H & AC** - Ella McNiven (Liverpool H & AC)
- 2019 Harewood House, Leeds - **Herne Hill H** - Olivia Mason (Border H & AC)
- 2020 Wollaton Park - **Aldershot Farnham & District AC** - Maya Todd McIntyre (Rushcliffe AC)
- 2021 No Championship
- 2022 Parliament Hill - **Vale Royal AC** - Jess Bailey (Leven Valley AC)
- 2023 Bolesworth Castle, Chester - **Cambridge & Coleridge AC**; Innes Fitzgerald (Exeter H)
- 2024 Weston Park, Shropshire - **Windsor Slough Eton & Hounslow AC** - Freya Bradley (Westbury H)
- UNDER 15 GIRLS**
- 1966 Watford - **Cambridge H** - M McSherry (Cambridge H)
- 1967 Blackburn - **Bury & Radcliffe AC** - G Coleman (Thurrock H)
- 1968 Coventry - **City of Stoke AC** - J Rainford (Bury & Radcliffe AC)
- 1969 Aldershot - **City of Stoke AC** - B Watts (Southend-on-Sea AC)
- 1970 Blackburn - **Bathgate AC** - M Stewart (Birch-field H)
- 1971 Wolverhampton - **Sale H** - C Boxer (Aldershot Farnham & District AC)
- 1972 High Wycombe - **Sale H** - H Hill (Cannock AC)
- 1973 Rawtenstall - **City of Stoke AC** - H Hill (Cannock AC)
- 1974 Leicester - **Pitreavie AC** - H Hill (Cannock AC)
- 1975 Parliament Hill - **Sale H** - T Latimore (Harlow AC)
- 1976 Blackburn - **Sale H** - A Pattison (City of Stoke AC)
- 1977 Stoke - **Sale H** - S Arthurton (Leeds City AC)
- 1978 High Wycombe - **Sale H** - K Timson (Thurrock H)
- 1979 Runcorn - **Sale H** - P Matheson (Sale H)
- 1980 Rugeley - **Manchester AC** - E Lyon (Wycombe Phoenix)
- 1981 Colchester - **Wycombe Phoenix** - E Lyon (Wycombe Phoenix)
- 1982 Carlisle - **Andover AC** - J Beesley (Berry Hill AC)
- 1983 Warwick - **Bristol AC** - W Wright (Derby Ladies AC)
- 1984 Knebworth - **Crawley AC** - L Reilly (Morpeth H & AC)
- 1985 Birkenhead - **Leicester Coritanian AC** - M Holmes (Liverpool H & AC)
- 1986 Leicester - **Hallamshire H** - L Field (Halesowen AC)
- 1987 Bexley - **Liverpool H & AC** - C Nicholson (Darlington H & AC)
- 1988 Leeds - **Bedford & County AC** - C Maycock (Rockingham AC)
- 1989 Birmingham - **Bedford & County AC** - C Maycock (Rockingham AC)
- 1990 Rickmansworth - **Morpeth H & AC** - J Mitchell (Hercules Wimbledon AC)
- 1991 Birkenhead - **GEC Avionics AC** - A Foster (Morpeth H & AC)
- 1992 Cheltenham - **Bedford & County AC** - A Tremble (North Shields Poly AC)
- 1993 Luton - **Sale H** - H Foster (Morpeth H & AC)
- 1994 Blackburn - **Cannock & Stafford AC** - J Heslop (Elswick H)
- 1995 Luton - **Liverpool H & AC** - J Hogan (Scar-borough Ryedale H & AC)
- 1996 Newark - **Stevenage & North Herts AC** - J Swallow (Brentwood AC)

- 1997 Havant - **Aldershot Farnham & District AC** - N Coates (Cramlington AAC)
- 1998 Leeds - **Bristol AC** - L Whittaker (Sale H Manchester)
- 1999 Newark - **Sale H Manchester** - C Birch (Liverpool Pembroke & Sefton H & AC)
- 2000 Stowe - **Bedford & County AC** - C Birch (Liverpool Pembroke & Sefton H & AC)
- 2001 Durham - **Aldershot Farnham & District AC** - R Nathan (Lincoln Wellington AC)
- 2002 Bristol - **Aldershot Farnham & District AC** - C Browning (Aldershot Farnham & District AC)
- 2003 Parliament Hill - **Royal Sutton Coldfield AC** - D Walker (Royal Sutton Coldfield AC)
- 2004 Leeds - **Royal Sutton Coldfield AC** - S Twell (Aldershot Farnham & District AC)
- 2005 Birmingham - **Aldershot Farnham & District AC** - C Purdue (Aldershot Farnham & District AC)
- 2006 Parliament Hill - **Aldershot Farnham & District AC** - C Purdue (Aldershot Farnham & District AC)
- 2007 Sunderland - **Aldershot Farnham & District AC** - L Park (Ellenborough AC)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - E Gorecka (Aldershot Farnham & District AC)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - E Gorecka (Aldershot Farnham & District AC)
- 2010 Leeds - **Aldershot Farnham & District AC** - J Judd (Chelmsford AC)
- 2011 Alton Towers - **Aldershot Farnham & District AC** - B Owen (Scarborough AC)
- 2012 Parliament Hill - **Aldershot Farnham & District AC** - B Clay (Invicta East Kent AC)
- 2013 Herrington Country Park - **Charnwood AC** - Lucy Jones (Charnwood AC)
- 2014 Wollaton Park - **Blackheath & Bromley Harriers AC** - Sabrina Sinha (Cambridge Harriers)
- 2015 Parliament Hill - **Aldershot Farnham & District AC** - Kathleen Faes (Tonbridge AC)
- 2016 Donington - **City of Norwich AC** - Josie Czura (City of Portsmouth AC)
- 2017 Wollaton Park - **City of Norwich AC** - Olivia Mason (Border H)
- 2018 Parliament Hill - **City of Norwich AC** - Sian Heslop (Macclesfield H & AC)
- 2019 Harewood House, Leeds - **Blackheath & Bromley H & AC** - Holly Weedall (Vale Royal AC)
- 2020 Wollaton Park - **Vale Royal AC** - Kiya Dee (Highworth RC)
- 2021 No Championship
- 2022 Parliament Hill - **Wreake & Soar Valley AC** - Isabella Waugh (Rotherham H & AC)
- 2023 Bolesworth Castle, Chester - **Rotherham H & AC**; Shaikira King (Wreake & Soar Valley AC)
- 2024 Weston Park, Shropshire - **Chelmsford AC** - Paige Quinn (Torbay AAC)
- 1973 Rawtenstall - **Pitreavie AC** - F McKenzie (Pitreavie AC)
- 1974 Leicester - **Sale H** - J Priest (Wycombe Phoenix)
- 1975 Parliament Hill - **Sale H** - P Clark (Sale H)
- 1976 Blackburn - **Warrington AC** - D Russell (Cambridge H)
- 1977 Stoke - **Sale H** - A Alford (Stevenage AC)
- 1978 High Wycombe - **Manchester AC** - L Silva (Melbourne AC)
- 1979 Runcorn - **Sutton Harriers** - T Glead (Wycombe Phoenix)
- 1980 Rugeley - **Exeter H** - T Glead (Wycombe Phoenix)
- 1981 Colchester - **Victoria Park AC** - R Hughes (Fleet & Crookham AC)
- 1982 Carlisle - **Victoria Park AC** - R Hughes (Fleet & Crookham AC)
- 1983 Warwick - **Leicester Coritanian AC** - C Bennett (Bingley H & AC)
- 1984 Knebworth - **Mid Hants AC** - A Davies (Mid Hants AC)
- 1985 Birkenhead - **Tonbridge AC** - J Adkin (Tonbridge AC)
- 1986 Leicester - **Manchester H** - M Wilkinson (Manchester H)
- 1987 Bexley - **Bedford & County AC** - C Mayock (Rockingham AC)
- 1988 Leeds - **Bedford & County AC** - C Whitley (Liverpool H & AC)
- 1989 Birmingham - **Morpeth H & AC** - A Foster (Morpeth H & AC)
- 1990 Rickmansworth - **Derby Ladies AC** - L White (Exeter H)
- 1991 Birkenhead - **Warrington AC** - L Powell (Blackburn H & AC)
- 1992 Cheltenham - **Liverpool H & AC** - A Barker (Keighley H)
- 1993 Luton - **Liverpool H & AC** - L Bradley (Morpeth H & AC)
- 1994 Blackburn - **Bolton United H & AC** - J Swallow (Brentwood AC)
- 1995 Luton - **City of Stoke AC** - C Wilson (Morpeth H & AC)
- 1996 Newark - **Liverpool H & AC** - S Raven (Southend-on-Sea AC)
- 1997 Havant - **Hercules Wimbleton AC** - Z Jelbert (Newquay & Par AC)
- 1998 Leeds - **Liverpool Pembroke & Sefton H & AC** - C Birch (Liverpool Pembroke & Sefton H & AC)
- 1999 Newark - **Aldershot Farnham & District AC** - K Wotton (Luton United AC)
- 2000 Stowe - **Aldershot Farnham & District AC** - L Jepson (Leicester Coritanian AC)
- 2001 Durham - **Aldershot Farnham & District AC** - C Browning (Aldershot Farnham & District AC)
- 2002 Bristol - **Aldershot Farnham & District AC** - E Pidgeon (Gloucester AC)
- 2003 Parliament Hill - **Royal Sutton Coldfield AC** - S Simpson (Luton United AC)
- 2004 Leeds - **Aldershot Farnham & District AC** - B Haywood (Lincoln Wellington AC)

UNDER 13 GIRLS

- 1970 Blackburn - A Cherry (Fauldhouse AC)
- 1971 Wolverhampton - R Taylor (Birchfield H)
- 1972 High Wycombe - K Williams (Pitreavie AC)

- 2005 Birmingham - **Bedford & County AC** - K Avery (Shildon R & AC)
- 2006 Parliament Hill - **Aldershot Farnham & District AC** - M Hawtin (Oxford City AC)
- 2007 Sunderland - **East Cheshire H & Tameside AC** - E Gorecka (Aldershot Farnham& District AC)
- 2008 Alton Towers - **Aldershot Farnham & District AC** - J Judd (Thurrock H)
- 2009 Parliament Hill - **Aldershot Farnham & District AC** - A Hetherington (Carlisle Aspatria AC)
- 2010 Leeds - **Bracknell AC** - H Goddard (Bracknell AC)
- 2011 Alton Towers - **Bracknell AC** - K Shiel Rankin (Aldershot, Farnham & District AC)
- 2012 Parliament Hill - **Bracknell AC** - S Sinha (Cambridge H)
- 2013 Herrington Country Park - **Herne Hill Harriers** - Katy Ann MacDonald (Herne Hill Harriers)
- 2014 Wollaton Park - **Herne Hill Harriers** - Grace Copeland (Wimbourne AC)
- 2015 Parliament Hill - **City of Norwich AC** - Olivia Mason (Border H)
- 2016 Donington - **Blackheath & Bromley H AC** - Nicole Ainsworth (City of Portsmouth AC)
- 2017 Wollaton Park - **Blackheath & Bromley HAC** - Maisy Luke (Cornwall AC)
- 2018 Parliament Hill - **Chiltern HAC** - Maisy Luke (Cornwall AC)
- 2019 Harewood House, Leeds - **Tonbridge AC** - Scarlet Livingstone (Exeter H)
- 2020 Wollaton Park - **Tonbridge AC** - Zoe Gilbody (Chiltern HAC)
- 2021 No Championship
- 2022 Parliament Hill - **Marshall Milton Keynes AC** - Katie Webb (Marshall Milton Keynes AC)
- 2023 Bolesworth Castle, Chester - **Aldershot Farnham & District AC**; Jorjia Ann March (Barnet & District AC)
- 2024 Weston Park, Shropshire - **Chelmsford AC** - Kara Gorman (Windsor Slough Eton & Hounslow AC)



ECCA Website:

www.englishcrosscountry.co.uk

MIDLAND COUNTIES CROSS COUNTRY

Championship President: Terry Alcock

Chairman: Mick Robinson

Secretary: Vacant

Treasurer: S Barnes C/O MCAA, Suite F, Radclyffe House, 66-68 Hagley Road, Edgbaston, Birmingham B16 8PF

Officials' Secretary: Graham Heeley

Team Manager (Men): Andy Bentley

Team Manager (Women): Claire Martin

Executive Committee: Stewart Barnes, Graham Heeley, Claire Martin, Mick Robinson, Mary Hodges, Peter Burns, Carolyn Franks, John Skevington, Noel McKakly, Andy Bentley.

Ex-officio Officers MCAA: President, Chairman and Secretary

Past Presidents: D R Denton, P Carlan, E J Skidmore, M. Robinson, A.I. Phillips, S. Harris, W. Adcocks, G. Heeley, Mrs R Brownlie, Mrs C Franks, P Burns, Bill Nock, Andy Nock.

Website: www.midlandathletics.org.uk **Office contact:** finance@mcaa.org.uk

CLUBS & SECRETARIES

1485 Triathlon Club - Peter Winchester

4Life Triathlon Club - India Shaw

Aldridge RC - Steve Benzie

Almost Athletes - Penny Lewis

Amazing Feet Running Club - Sally Dunn

Angels RC - Teresa Bennett

Badgers - Judy Parkes

Barnet Green Chuggers - Dale Powner

Barrow Runners - Liam King

Beaumont RC - Jimmy Riley

Beeston AC - Christine Bexton

Birchfield Harriers - Keith Holt

Birmingham Running Athletics & Triathlon Club (BRAT) - Richard Carney

Birmingham Swifts - Jess Hall

Birstall RC - Deryk Woods

Blythe Bridge RC - Roger smith

Bournville Harriers - Rebecca Jones

Bourton Roadrunners Club - Nicky Patterson

Brackley and District RC - Christie Lines

Bristol and West AC - Junayd Perryman

Bromsgrove and Redditch - Rita Brownlie

Broseley Joggers - Lee Bowden

Burton AC - Judith Kelsall

Cannock & Stafford AC - Karen Moody

Centurion RC - Steven Brough

Charnwood A C - Mark Couldwell

Chase Harriers - Pamela Davies

Cheadle RC - Julie Dudley

Cheltenham and County Harriers - Martin Foster

Cirencester AC - Ruth Fulford

City of Birmingham Striders - Kasia Niedzwiedzka

City of Stoke AC - Nichola Hepworth

CLC Striders - Matt Ashman

Clevedon AC - Sally Richards

Coalville Triathlon Club - Kevin Borley

Cobra Running & Triathlon Club - Catherine Smith

Corby AC - Club Secretary

Coventry Godiva Harriers - Nick Bennett
Coventry Triathletes - Adam Simmonds
Croft Ambrey RC - Clare Preece
Davertry AAC - Barry Fenn
Desborough & Rothwell Running Club - Kerry Bate
Desborough Runners - Richard Dixon
Desford Striders - Chris Churcher
Diamond Runners - Robert Churcher-Upton
Droitwich AC - Isobel McDowell
Dudley and Stourbridge Harriers - Liz Hinds
Dudley Kingswinford RC - Michelle Marney
Dursley Running Club - Anna Jameson
Emersons Green Running Club - Anne Burge
Erewash Valley RC - Shirley Starr
Essington Harriers Running Club - David Badger
Evesham Vale Running Club - Jill Moore
Forest of Dean AC - Stefanie Francis
Formula One Circuit Crew - Catherine Millet
Gator Athletics Club - Scott Dundas
Gloucester AC - Christopher Yates
Great Western Runners - Callum Moore
Halesowen ACC - Kathryn Willits
Harborough AC - Howard Crabtree
Hatton Darts - Andy Woolley
Hereford & County AC - Marc Flannery
Hereford Couriers - Clare Mallender
Hermitage Harriers - Jodi Nicholson
Higham Harriers - Dan Doherty
Hinckley Running Club - Nicholas Moore
Hogweed Trotters - Julie Boynes
Holme Pierrepont RC - Hannah Matharu
Human Energy AC - Ginette Pilkington
Huncote Harriers - Nicola Nealon
Ivanhoe Runners - Amelia Monaghan
Kenilworth Runners - Richard Clarke
Kettering Town Harriers - Katie Bates
Kidderminster and Stourport - Ron Oliver
Kimberley & District Striders - Julie Buckley
Kingfisher Harriers - Richard Ellis
Kings Heath RC - The Lions - Rachel Simmonite
Kingswood Triathlon Club - Jeremy Tiley
Knowle & Dorridge RC - Jo Turk
Lawley Running Club - Jamie Perks
Leamington Athletics Academy - Rachel Berney
Leamington Cycling and Athletics Club - Andrew Morrey
Ledbury & District Harriers - Mark Lister
Leicester Coritanian AC - Stephanie Magee
Leicester Outdoor Fitness (Chapel Health & Fitness Studio Ltd) - Antony Dandy
Leicester Triathlon Club - Helen Atton
Lichfield Running Club - John Doyle
Long Eaton Running Club - Peter Edmonds
Loughborough Students AC - Emma Wiltshire
Ludlow Runners - Oliver Perratt
Malvern Buzzards Running Club - Sarah Fowkes
Malvern Joggers - Charlotte Raine
Mansfield Harriers - Richard Massey

Market Drayton RC - Eleanor Beckwith
Massey Ferguson RC - Sonia Karamat
Michelin AC - Kenny Johnson
Midland Masters AC - Jill Lamb
Mow Cop Runners - Andrew Addis
Newark AC - David Robinson
Newark Striders Running Club - Nigel Driscoll
Newcastle (Staffs) Tri Club - Sandra Edwards
Newcastle Staffs AC - Malcolm Hackney
Newent Runners - Emily Trenwith
Newport and District RC - Annabel Bolton
North Somerset AC - Angela Kell
Northampton AC - James Elder
Northampton Road Runners - Simon Murray
Northants Police Athletic Section - Madeleine Moutrie
Northants Tri - Peter DeBoo
Northbrook Athletic Club - Mark Baker
Notfast RC - Kate Fisher
Notts AC - Phil Clayton
Notts Women Runners - Michelle Vallance
Nuneaton Harriers - Mary Hall
Oswestry Olympians - Ray Pickett
Owls AC - Wayne Walker
Peel Road Runners - Alison Dolphin
Pershore Plum Plodders - Dawn Pound
Poplar Running Club - Esther Parkinson
Portishead R C - Sara Brooks
Potters Trotters - Jane Lee
Race Hub - Duncan Shea-Simonds
RAF Athletics - Darren Tremble
Redditch Stars - Linda Beresford
Redhill Road Runners - Mark Davis
Retford AC - Mark Fielding
Rising Brook Runners - Tim Herriott
Roadhogs Leicester AC - Steve Wheeler
Royal Sutton Coldfield Athletics Club - Steve Shorrocks
Rugby & Northampton AC - Myra Potter
Rugeley Runners - Julie Barrett
Run & Ride Athletics Club - Matt Williams
Run 4 U and Perform Running Club - Sebastien Van Dijk
Run Alcester - Chris Tompkins
Rushcliffe AC - Stephen Chesterfield
Rutland Athletic Club - Melissa Hull
Sedgley Striders - Lesley Bacon
Severn AC - Chris Brown
Shepshed Running Club - David Hattersley
Shrewsbury AC - Jessica Pearce
Shropshire Shufflers - Martin Streeter
Silson AC - Graham Linnell
Silverdale RC - Jemma Blount
Sneyd Striders - Sarah Pallett
Solihull & Small Heath Athletic Club - Steve Webb
Somer AC - Sarah Appleton
South Birmingham Striders - Joseph Duffy
Southwell Running Club - Ben (a.k.a. Steven John) Parker
Spa Striders - Naomi Paterson
Sparkhill Harriers - Andrew Wadsworth

Sphinx AC - Christine Thomas
Squirrels Running Group - Cirhan Truswell
Stafford Harriers - Saffron Latham
Staffs Moorlands AC - Adrian Northcott
Stilton Striders - Emily Howett
Stoke F.I.T - Angela Morton
Stone Master Marathoners - Anne Griffiths
Stourbridge RC - David Lewis
Stratford Upon Avon AC - Paul Faithfull
Stroud & District AC - Hugh Smith
Sutton in Ashfield Harriers & AC - Hannah Kelley
Tamworth AC - Derek Bolton
Team Anstey Amblers and Runners - Paul Cohen
Team Balancise RC - Samantha Devereaux
Team Bath Athletic Club - Tom Hutchison
Telford AC - John Mason
Telford Harriers - Ian Simmonds
Telford Triathlon Club - Sylvia Figueiredo
Tetbury Dolphins Running Club
Tewkesbury Running Club - Jane Sauer
TFN Tri Club - Stewart Smith
The Students Union at UWE - Holly Watts-Lynch
Thornbury RC - Nigel Hale
Tipton Harriers - Margaret Cherrington
Trentham RC - Deborah Thomas
University of Birmingham AC and Cross Country Club - Aidan Banfield
University of Leicester Running & Athletics Club - Will Luxmoore
University of Nottingham AC - Elin Griffiths
University of Warwick - Matthew MacDermott
Unsanctioned Athletics - Gareth Maguire
Uttoxeter Road Runners - Luke Bartle
VeloRunner - Simon Williams
Walsall Arboretum Running Club - Ruth Eglinton
Warley Woods Pacers - Judi Dobbs
Washlands Women Runners - Rachael Edwards
Wellingborough & District AC - Jessica Wynn-Werninck
Wenlock Olympians - Ian Dadswell
West Bromwich Harriers - Chris Davis
West End Runners - Simon Mayes
Westbury Harriers - Michael Hopkins
Western Tempo - Matt Lambourne
Weston Athletic Club - Helen Diamond
Whitchurch Whippets - Alison Birch
Wigston Phoenix RC - Mick Jordan
Wolverhampton & Bilston - Nicola Wiggin
Woodthorpe Huffers & Puffers - Sian Hancox
Wootton Road Runners - Ian Wild
Worcester AC - Chris Crosswell
Worksop Harriers - Tony Gray
Wreake & Soar Valley - Lucy Freeman
Wreake Runners - Phillip Wilson
Wrekin Harriers - Geoffrey Bush
Wrekin Road Runners - Allison Haycox
Wye Valley Runners - Brent Lowson
Wymeswold RC - Deborah Jones
Yate & Sodbury Striders - Robin Crawford

NORTHERN ATHLETICS CROSS COUNTRY

Address: Unit 9G, Ponderosa Business Park, Smithies Lane, Heckmondwike, West Yorkshire, WF16 0PR

Chairman: Tony Wood, run14@btinternet.com

Executive Board Members (Cross Country): Steve Gaines, sandjgaines@aol.com,
Arwel Williams, arwelwilliams@aol.com

Championship Information: Northern Athletics Office as above 07856 899175 -
email: mark@northernathletics.co.uk

Officials Co-ordination: c/o Northern Athletics Office as above

CLUBS & SECRETARIES

2 Dash - Kathleen Sheridan
7 Hills Harriers - Emma Dickinson
Abbey Runners - Paul Greene
Accrington Road Runners - Michele Baker
Ackworth Road Runners - Dawn Sketchley
Airecentre Pacers RC - Dorothy Darnbrough
Allen Valley Striders - Rosemary Todhunter
Allerton Junior Athletics Club - Glen Hilton
Alnwick Harriers - Steven Studley
Altrincham & District Athletic Club Limited - Helen Simpson
Amber Valley and Erewash Athletic Club - Richard Woodward
Ambleside AC - Helen Holcroft
Ashington Hirst Running Club - Natalie Medermott
Askern District RC - Amber Torrington
Astley & Tyldesley Road Runners - Mark Riches
Aurora Harriers - David Watts
Aycliffe Running Club - Donna Campbell
Baildon Runners - Sarah Anderton
Barlick Fell Runners - Andy Berry
Barnsley Athletic Club - David Bennett
Barnsley Harriers - Richard Spooner
Barrow & Furness Striders AC - Brian Baines
Barton & District AC - Louise Hindmarsh
Belle Vue Racers - Vic Walsh
Belper Harriers - Helen Morley
Belper Ten Twenty Triathlon Club - Peter Green
Beverly Athletic Club - Fiona Oakes
Billinge Running Club - Louise Jones
Billingham Marsh Hse H & AC - Stuart Blakey
Billingham Running Club - Dorothy Harris
Bingley Harriers & AC - Jill Jones
Birkenhead AC - Andrew Waring
Birtley AC - Val Baxter
Blackburn Harriers & AC - Michelle Nuttall
Blackburn Road Runners - Cathy Gardener
Blackhill Bounders - Stewy Bell
Blackley North Manchester AC - Elaine Crosdale
Blackpool Wyre & Fylde AC - Nick Hume
Blaydon Harrier & AC - Nicola Perry
Blyth Running Club - Ralph Dickinson
Boalloy Running Club - Carl Williams
BodyFit Cumbria Running Club - Mark Andrew Holmes
Bolton Triathlon Club - Stuart Carter

Bolton United Harriers & AC - Gail Harrison
Border Harriers & AC - Karrie Mundell
Boro Runners - Lindsey Scott
Boston & District AC - Nanette Johnson
Boston Triathlon Club - Rachael Satchwell
Bourne Town Harriers - Alison Cooper
Bradford Airedale AC - Simon Forde
Bramhall Runners - Julie Fairclough
Bramley Breezers - Paul Bennett
Bridlington Road Runners - martin mcphat
Burnden Road Runners - Sarah Brown
Burnley AC - Sarah Southam
Bury Athletic Club - Helen Vaughan
Buxton AC - Katie Rolfe
Caistor Running Club - Pamela Carr
Cannon Events Running Club - Colin Sinnott
Carleton Running Community - Rich Lord
Carlisle Aspatria AC - Julie van Iterson
Chapel Allerton Runners - Timothy Knighton
Cheshire Dragons - lisa meadows
Chester Le Street & Dist AC - Paul Burdon
Chester Road Runners - Cat Duncan
Chester Triathlon Club - ian Ainscough
Chesterfield & District AC - Dyane Spencer-Barrett
Chesterfield Tri Club - Benjamin Smith
Chorley Athletic and Triathlon Club - Simon Townsend
Chorlton Runners - Catherine Elliott
City of Hull AC - Lucy Khan
City of Sheffield and Dearne AC - Martin Lane
City of York AC - David Paver
Claremont Road Runners - Catherine Walker
Clayton-le-Moors Harriers - Judith Carey
Cleethorpes AC - Tonia Saunt
Cleethorpes Triathlon Club - David Scott
Cliff Village Runners - Lucy Davidson
Clowne Road Runners Club - Andrew Foster
Congleton Harriers - Paul Crean
Crewe and Nantwich AC - Sarah Varley
Crook & Dist Sports AC - Danny Oakley
Crossgates Harriers - Richard Whitehouse
Crystal Peaks Runners - Bridget Davison
Cumberland AC - Sheila McVeigh
Cumberland Fell Runners - Charlotte Barker
Dallam Running Club - Emma McColm
Danum Harriers - Amanda Lane
Darlington H & AC - Lesley Miller
Darlington Triathlon Club - Brian Burdon
Darwen Dashers RC - Debbie Ashton
Delamere Spartans - John Kleiser
Denby Dale Athletics Club - Richard Walker
Derby Athletic Club - Grant Cummings
Derby Triathlon Club - Roderick Zala
Derwent AC Cockermouth - Anthony Davis
Derwent Runners (Derby) - Richard Winter
Derwent Valley Running Club - Simon Hutchinson
Derwent Valley Trail Runners - John Jobson
Derwentside AC - Graham Marshall

Dewsbury Road Runners - Tim Rowling
DH Runners - Christine Southam
Didsbury Runners - Dan Levin
Doncaster Athletic Club - Glen Barnes
Doncaster Triathlon Club - Paul Lockwood
Dragons Running Club (Leeds) - Charlotte Briggs
Dragons Running Club (Sale) - Tracy Dique
Driffield Striders - Karen Gordon
Dronfield RC - Luke Prest
Durham City Harriers & AC - Mitchell Marshall
Easingwold Running Club - Ray French
East Cheshire Harriers & Tameside AC - Mark Ormston
East Durham Running Club - Sara Kirk-Saul
East Hull Harriers & AC - TONY CROSS
Eden Runners - Alison Phillips
Ellenborough AC - John Winn
Ellesmere Port RC - Denise Lavery
Elswick Harriers - David Jones
Elvet Striders - Pamela Kirkup
Fitmums and Friends - Vickie Hillier
Freck & Warton Running Club - Ruth Pedley
Friends and Runners - Terrie Bixby
Gainsborough & Morton Striders - Ian Haldenby
Garstang Running Club - Paul Moss
Gateshead Harriers & AC - Iona Sweeney
GinPit Flyers - James Bentall
Glaxo Hoad Hill Harriers - Glenn Boulter
Glossopdale Harriers - Zoe Barton
Goole Viking Striders - Heather Seaton
Goole Youth AC - Alastair Pickering
Gosforth Harriers & AC - Jenny Graham
Goyt Valley Striders - Roy Whittle
Grantham AC - Jacqueline Bainbridge
Grantham Running Club - Darren Harley
Grimsby Harriers & AC - Jacky Gibbons
Halifax Harriers & AC - Richard Corney
Hallamshire Harriers Sheffield - Bertie Houghton
Halton & Frodsham Harriers - William Smith
Hambleton Athletics & Running Club Ltd - Lynn Inglis
Handforth Wilmslow Alderley - Helen Branthwaite
Handsworth Roadhogs - Tony Weightman
Harrogate Harriers & AC - Jeff Parris
Harrogate Tri Club - Rob Turcan
Hartlepool Athletics Club - Rachel Spence
Hartlepool Burn Road Harriers - Sarah Black
Haxby Runners - Kevin Johnson
Heanor Running Club - Peter Edwards
Heaton Harriers & AC - Dave Brignall
Helm Hill Runners - Thao Do
Helsby Running Club - Lesley Feakes
High Peak Athletic Club - Keith Tolley
Hillsborough & Rivelin RC - Cal Lloyd
Holmfurth Harriers AC - Lucy Smith
Hornsea Harriers - Rachel Waites
Horsforth Fellandale Club - Louise O'Brien
Horsforth Harriers - Jenny Harrison
Horwich R M I Harriers - Adele Lever
Houghton Harriers & AC - Linda Welch

Hunwick Harriers - Eddie Gibson
Hurricane Striders - Kate Siviter
Hyde Park Harriers - Grace Roberts
Hyde Village Striders - Sally Gubbins
Hyndburn AC - Phil Sumner
Idle AC - Peter Hilliard
Ilkeston Running Club - Alan Bower
Ilkley Harriers AC - Paul Stephens
Isle Of Man Veterans AC - Maureen Kelly
Jarrow & Hebburn AC - Jenna Killock
Jesmond Joggers - David Newman
Keighley & Craven AC - Richard Hindle
Kendal Amateur Athletic Club - Peter Gorst
Keswick AC - David Crout
Killamarsh Kestrels - samantha wilson
Kimberworth Striders - Lauren Corcoran
Kingston upon Hull AC - Julie Gibson
Kingstone Runners Barnsley - Tim Wade
Kippax & District Harriers - Stevie Roberts
Kirkby Milers AC - Paul Cope
Kirkstall Harriers - Lloyd Allen
Knaresborough Striders - Paula Wilkinson
Knowsley Harriers - Jayne Ellis
Knutsford Harriers & Athletics Club - Alison Taylor
Knutsford Tri Club - Ben Hagger
LABC Runners - Christie-Anne Christie-anne
Lancashire Constabulary AC - Steven Broadbent
Lancashire Fire & Rescue Service & AA - Chris Wales
Lancaster & Morecambe AC - Angus Murray
Lancaster University Running & Athletics Club - Amy Heaton
Leeds & Bradford Triathlon Club - Andrew Willis
Leeds City Athletic Club - Maria Townsend
Leeds University AC and CC Club - Elina Hine
Leigh Harriers & AC - Angela Pike
Leven Valley AC - Colleen Oldham
Levenshulme Runners - Gareth Jones
Lincoln & District Runners - Christine Wells
Lincoln Wellington Athletic Club - Tamatha Troop
Littleborough Runners - Sally Harrison
Liverpool Harriers & AC - Arwel Williams
Liverpool Pembroke & Sefton H AC - Karen Brown
Liverpool Running Bugs - Derek Hughes
Liverpool Running Club - Abigail Magill
Loftus & Whitby AC - Susan Dick
Longwood Harriers AC - Simon Crook
Lostock AC - Jennifer Donnellan
Louth AC - Michael Benton
Low Fell RC - Alan Elders
Lymm Runners - Petra Feixova
Lytham St Annes RR Club - Sarah Cook
Macclesfield Harriers & AC - Kim Eastham
Maltby Running Club - Brian Lowndes
Manchester Frontrunners - Jono Guildford
Manchester Harriers & AC - David Gregory
Manchester Road Runners - Thomas Lewis
Manchester Triathlon Club - Run Co-Ordinator
Manchester YMCA Harriers - David Kearney
Manx Fell Runners - David Griffin

Manx Harriers - Julie Stanfield
Marple Runners - John Bailey
Marsh Lane Harriers - Andrew Barton
Matlock Athletic Club - Dennis Belbin
Mersey Tri - Peter Heron
Merseyside Fire & Rescue Service Running Club - Ged Sheridan
Methley Striders - Laura Collier
Mickleover Running Club - Hannah Saunders
Middlesbrough & Cleveland Harriers - Andrea Ansell
Middlesbrough Athletic Club (Mandale) - Alison Sedgwick
Middleton Harriers AC - Craig Sutherland
Morpeth Harriers & AC - Kaye Scott
Mossley Hill AC - Catherine Rigby
Nantwich Running Club - Clare McAleavy
Netherhall AC - Tony Thompson
Nettleham Trotters Running Group - Nicola Turner
New Marske Harriers Club - Tom Danby
Newburn Running Club - Julia Harrison
Newcastle Frontrunners - Adam Moxley
Newcastle University AC - Jamie Styles
Nidd Valley Road Runners - Jonathan Kay
Nidderdale Fell & Trail - Emma Wilkins
North Derbyshire RC - David Leese
North East Project - Kieran Walker
North East Veterans AC - George Routledge
North Leeds Fell Runners - Dominic Nurse
North Shields Polytechnic Club - Rebecca Tindle
North York Moors AC - Catherine McShane
Northern (Isle of Man) AC - Nicola Bowker
Northern Fells Running Club - jenny russell
Northern Masters AC - Graham White
Northowram Pumas Running Club - Timothy Sayer
Northwich Running Club - Wendy McDonnell
Off that couch fitness - Gemma Scott
Oldham & Royton H & AC - Angela Hart
Orchard Eagles Running Club - Jennifer Candler
Otley AC - Chris Brunold
Parbold Pink Panthers - Janet Farrow
Pendle Athletic Club - Christine Chorlton
Penistone Footpath Runners & Athletic Club - John Martyn Cartwright
Penny Lane Striders - Luke Curtis
Pensby Runners - Rita Mistry
Phoenix Flyers AC - Lesley Foster
Pickering Running Club - Karen Farmer-Scott
Pocklington Runners - Leanne Maycock
Pontefract AC - Cyril Jones
Preston Harriers - Maureen Kirkby
Prudhoe Plodders Running Club - Andrea Carver
Pudsey & Bramley AC - Laurence Martin
Pudsey Pacers RC - Cathy Martin
Pudsey Runners - Lesley Jackson
Quakers Running Club - Lee Morris
Quays Running Club - Laura Swann
Queensbury Running Club - Robin Naylor
Radcliffe AC - Mark Taylor
Ramsbottom Running Club - Louise Geoghegan
Rasen Running Club - Kate Belt

Rawmarsh Runners - Angela McJannet
Razzer's Runners - Chris Dymond
Real Fitness Race Team - Debbie Kirkham
Red Kite Runners - David Ledgerwood
Red Rose Road Runners - Julie Thorley
Redcar Running Club - John Walshaw
Ribble Valley Runners - Kate Griffiths
Richmond & Zetland Harriers - Sarah Gregory
Rimrose Runners - Donna Lloyd
Ripley Running Club - Ian Warton-Woods
Ripon Runners - Lucy Waller
Roberttown Road Runners - Peter Knott
Rochdale Harriers & AC - Richard Storzaker
Rochdale Tri Club - Julia Moore
Rock Salt Runners - Charlotte Mills
Rodillian Runners - Louise Thompson
Rolls Royce Harriers - Gillian Whiteside
Rossendale Harriers & AC - Steve Duxbury
Rother Valley Swallows - Gill Freer
Rotherham Harriers and AC - Stephen Gaines
Rotherham Running Club - Claire Chapman
Rothwell Harriers & AC - Karen Horton
Roundhay Runners - Richard Gibbs
Royton Road Runners - Carl O'Callaghan
Run Middlewich - Debbie Ford
Run Peterlee - Rachael McCoy
Run Sandymoor - Thomas Hampton
Saddleworth Runners Club - Michael Fleming
Sale Harriers Manchester - Frank Cordingley
Salford Harriers & AC - Paul Bannister
Salford Metropolitan AC - Jennifer Crowther
Saltaire Striders - Tim Gore
Saltwell Harriers - Gillian Donaldson
Savvy Park Runrz - Rachel Watson
Scarborough Athletic Club - Lisa Baker
Scunthorpe & District Running Club - Ellesha Raspin
Scunthorpe Harriers Athletic Club - Helen Dickens
Seaton Athletic Club - Terry Hughes
Sedbergh School Running Club - Richard Wells
Sedgefield Harriers - Bethany Raine
Selby Striders - Debbie Swaine
Settle Harriers - Christopher Beesley
Sheffield RC - Christopher Moss
Sheffield Triathlon Club - Glen Mailer
Shelton Striders - Lyndsay Butcher
Shildon Running & AC - Helen Race
Sinfin Running Club - Brian Warner
Skegness & District Running Club - Claire Harness
Skegness Triathlon Club - Amber Spiers
Skelmersdale Boundary Harriers - Daniel gilbody
Skelmersdale Running Club - Luke Wills
Skipton AC - Kathryn Radley
Skyrac Athletic Club - Gordon Agar
Slaithwaite Striders RC - Tracey Nash
Sleaford Striders AC - Hannah North
Sleaford Town Runners - Jane Winter
Smalley Road Runners - Rebecca Nuttley
Snaith & Cowick Running Club - Helen Craven

South Cheshire Harriers - Natalie Bailey
South Derbyshire Road Runners - Emily Atkins
South Leeds Lakers Running Club - Antony Gibson
South Ribble Runners - Sarah Oldham
South Shields Harriers & AC - Karl White
South Shields Tri Club - Gary Dunlop
South Yorkshire Police AC - Andy Lakeland
Southport Waterloo AC - Christopher Henders
Sowerby Bridge Snails Running Club - Jodie Smith
Spectrum Striders - Graham Driver
Spenborough & Dist AC - Joshua Miles
St Bees Triers - Ian Robinson
St Helens Striders - Richard Seville
St Helens Sutton AC - Amy Upton
St Helens Tri - Lee Stinch
St Theresa's A.C. - Nigel Fuller
Stadium Runners - Fiona Willis
Stainland Lions Running Club - Cat Daniel
Stamford Striders - Elaine Allwood
Steel City Striders RC - Norma Parkes
Stockport Harriers & AC - Grace Watson
Stockport Tri Club - Nick Roberts
Stocksbridge Running Club - Richard Hayes
Stocksfield Striders - Daniel Gilholme
Stockton Striders AC - Helen Johnston
Stride Running Club - David Howlett
Styal Running Club - Michael McLaughlin
Sunderland Harriers & AC - Richard Borrowdale
Sunderland Strollers - Jan Prater
Sunlight Runners - Matthew Thomas
Swaledale Runners - Tim Grimwood
Swinton Running Club - Steven Doxey
Tadcaster Harriers - Charlotte George
Tattenhall Runners - Steve Hammond
Team Caterpillar - Sharon Harding
Team Derby Runner - Rob Jefferies
Team Manvers - Wayne Hubery
Teesdale AC - Jayne Cox
Thirk & Sowerby Harriers - Kerry Morgan
Thornton Cleveleys Running Club - Catherine Fletcher
Tickhill Running & Athletic Club - Rachel Goddard
Todmorden Harriers - Ben Blossie
Totley AC - Sharon O'Leary
Trafford Athletic Club - Mike Harris
Trawden Athletic Club - Tessa Walmsley
Tri-Lakeland - viv winter
TS Harriers - Lee Woolams
Tweed Striders - Elaine Simm
Tyne & Wear Fire Running Section - Brendan McMillan
Tyne Bridge Harriers - Matt Walker
Tynedale Harriers & AC - Kirstie Anderson
Upper Wharfedale Runners - Amy Foulerton
UTS Running Club - Neil Beckett
Vale of York Athletic Community - Beverley Horsfield
Vale Royal AC - Lucy Burch
Valley Striders AC - Rachel Davidson
Vegetarian Cycling & AC - Paul de Denis la Soie

VocaLink Mastercard Running Club - Stephen Peters
Wakefield District H & AC - Jean Jackson
Wakefield Triathlon Club - Karl-Eric Devaux
Wallasey Athletic Club - Louise Poland
Wallsend Harriers & AC - Jamie Ward
Walney Wind Cheetahs - Amy Singleton
Warrington A C - Louise Blizzard
Warrington Road Runners - Simon Stockman
Warriors Pentathlon & Athletic Club - Ronan Kearney
Wearside Triathlon Club - Austin Thompson
Wesham Road Runners & AC - Susan Rigby
West Cheshire Athletic Club - Dennis Wall
West Hull Ladies - Andrea Thomson
West Yorkshire Police Harriers - Heather Mitchell
Wetherby Runners AC - Emma Warner
Wharfedale Harriers - Sam Green
Widnes Running Club - Penny Worthington
Wigan & District H & AC - Margaret Grayston
Wigan Phoenix - Karen Moorfield
Wigton Road Runners - Claire Lloyd
Wilmslow Running Club - Nick Bishop
Wilmslow Striders - Peter Williams
Wilne Runners - Diane Kay
Winston Runners - Emma Marsh
Winter Hill Runners - Donna Kelsall
Winterton Running Club - John Hastings
Wirral AC - Steve Taylor
Wirral Vikings Racing Team - Stephen Entwistle
Witham Runners (Lincolnshire) - Kay Peters
Withernsea Harriers - Mark Nurse
Wolds Veteran RC - Tracey Gibson
York Acorn Running Club - Jane Lawson
York Knavesmire Harriers - Alan Wilkinson
York Postal Harriers - Bill Shively
York Triathlon Club - Jan Kuendinger
Yorkshire Wolds Runners - Paul Daley



ECCA Website:

www.englishcrosscountry.co.uk

Information supplied by England Athletics to whom changes should be sent

SOUTH OF ENGLAND CROSS COUNTRY

Chairman: David Harris David.harris@blueyonder.co.uk

Convenor: L Whitehead

Information: L Whitehead, SEAA Office, SEAA Competition Ltd, Crystal Palace National Sports Centre,
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Telephone: 020 8778 7167

Email: linda.whitehead@seaa.org.uk

Website: www.SEAA.org.uk

CLUBS & SECRETARIES

23 Mile Club - Gary Alexander David Weir
26.2 Road Runners Club - Sophie Cooke
Abbey Running Club - Lucy Brandon
Abingdon AC - Anna Carron
Achilles Club - Hugh Baker
Active Training World RC - Angela Basit
Adderbury Running Club - Mary Oakes
Alcester Running Club - Susan Morris
Aldershot Farnham & District - Lindsay Badman
Alton Runners - Sarah Hart
Amphill & Flitwick Flyers RC - Sally Sawkins
Andover AC - Jane Gillhespy
Arena 80 AC - Mary Henderson
Army Athletics Association - John Killoran
Ashford & District RRC - Kelli Sullivan
Ashford AC - Donna Parrott
Ashford Striders RC - Sharon Gardner
Ashford Triathlon Club - Jim Hawkins
Attleborough Athletics Academy - Sarah Sheeran
Avon Valley Runners - David Hyde
Axe Valley Runners - Susan Wall
Bad Boy Running Club - Chris Ince
Banbury Harriers AC - Sarah Jenkins
Barking Road Runners - Isabel Pinedo Borobio
Barnes Runners - Nick Bulloch
Barnet & District AC - Lynne Cox
Basildon AC - Frances Trotter
Basingstoke & Mid Hants AC
Bearbrook Running & Triathlon Club
Beccles & Bungay Harriers - Gary Howe
Beccles Triathlon Club - Sharn Crane
Beckenham Running Club - Nicky Howard
Bedford & County AC - Allen Adamson
Bedford Harriers AC - Elaine Massie
Belgrave Harriers - Philip Wicks
Benfleet RC - Graham Douglass
Benson Striders - Anne James
Bere Alston Trekkers - Kate Medhurst
Best Athletics - Amie Walker
Bexhill Runners & Triathletes - Carole Crathern
Bexley AC - Laura Garon

Bicester AC - Clare Wetton
Bicester Triathlon Club - Debbie Gilbert
Bideford AAC - Gemma Steele
Biggleswade AC - Natalie Stokes
Billericay Striders - David Sweet
Bishops Stortford RC - Andrew Pooley
Blackheath & Bromley Harriers AC - Helga Pullin
Blackwater Valley Runners - Stephen Low
BLC on the Run - Claire Walden
Bodmin Running Club - Jane Stephens
Bodmin Women's RC - Louise Pinnegar
Bognor Regis Tone Zone Runners - Neil Strudwick
Bournemouth AC - Hazel Bates
Bracknell AC - Les Rayment
Bracknell Road Runners - Alastair Ritchie
Braintree & District AC - Amanda Degnan
Brandon Fern Hoppers - Greg Conway
Brentwood Beagles Athletics Club - Barrie Geater
Brentwood Running Club - Amanda Burke -
Bridport Runners - Craig Douglas Thomas Dabinett
Brighton & Hove AC - Robert Willows
Brighton & Hove FrontRunners - James Bluring
Brighton Phoenix - Kirsty Bunning
British Airways AC - Steve Hillier
BRJ Run and Tri - Paul Treadwell
Bromley Veterans AC - Natalie Price
Broxbourne Runners - John Gibson
Bubble Works Run Community - Mark Edwards
Buckingham & Stowe RC - Laura Penny
Bude Rats (Run and Tri) - Jane Alexander
Bungay Black Dog RC - Clare Webb
Bure Valley Harriers - Brenda Hutcheon
Burgess Hill Runners - Emma Goodhead
Burnham Joggers - Andrew Burland
Burnham On Sea Harriers - Steven Dorrall
Calne Running Club - Celia Stevens
Calne SMaRTT - Catherine Cole
Camberley & District AC - Christine Burbage
Cambridge & Coleridge AC - Jayne Thacker
Cambridge Harriers - Christian Poulton
Cambridge Triathlon Club - Teresa Almeida
Cambridge University Hare and Hounds Club
Canterbury Harriers - Felicity Elms
Carn Runners - Stephen Webb
Castle Point Joggers - Charis Newitt
Central Park Athletics - Anoushka Johnson
Chandler's Ford Swifts Running Club - Emileigh Clifford
Chard RRC - Claire Gibbs
Chatteris Running Club - Kerry Welcher
Chelmsford AC - Stephen Mitchell
Cherwell Runners & Joggers - Jenny Robinson
Chessington Unity Running Club - Maria Cenalmor
Chichester Runners & AC - Winston Bond
Chiltern Harriers AC - Tony Molesworth
Chippenham Harriers - Victoria Bolton
City Of Norwich AC - Lawrence Wade

City Of Plymouth AC - Jeff Walsh
City Of Portsmouth AC - Tanya Stevens
City Of Salisbury AC & RC - Charlotte Boardman
City of Southend On Sea AC - June Cork
Clanfield Joggers - Wendy Low
Clapham Chasers - Zoe Aarons
Clapham Pioneers - Elise Dowell
Colchester & Tendring AC - simon styles
Colchester Harriers AC - Richard Thompson
Collingwood AC - Jennifer MacDonnell
Coltishall Jaguars RC - Rosemary Jackson
Comets Road Running Club - Colin Morton
Compton Harriers RC - Susan Francis
Cornwall AC - Emma Stepto
Corsham Running Club - Nick Maryon
Cove Joggers - Ailsa Hutchings
Cranbrook Running Club - Kelly Curran
Craven Energy Triathlon & Multisport Club - Rex Harrison
Crawley AC - Lorna Lindo
Crawley Saints & Sinners Running Club - Richard Daniells
Crewkerne Running Club - Martin Cook
Crowborough Runners - Robert Archer
Croydon Harriers - Amy Dowsett
Cruisers RC - Mark Coxhead
Crystal Palace Fun Runners - Edward Scott
Crystal Palace Triathletes - Kati Tully
C-Squad - Richard Sales
Dacorum Athletic Club - Kirsty Russell
Dagenham 88 Runners - Kresh Veerasamy
Dartford Harriers AC - Loraine Ashton
Dartford Road Runners - Jane Pennifold
Dartmouth AAC - Craig Keating
Datchet Dashers - Samantha Meen
Dawlish Coasters - Sarah Edmonds
Daws Heath Harriers - Linda Humphries
Deal Tri Club - Margaret Reidy
Defra AC - Michael Webb
Denmead Striders - Lisa-Marie Peckover
Dereham Runners AC - Emma Potter-Campbell
Devizes Running Club - Katie Hislop
Devon & Cornwall Police AC - Alex Daniels
Didcot Runners - Katherine Willetts
Diss and District AC - Catherine Dente
Dorchester AC - Mike Furse
Dorchester RIOT - Danielle Brooks
Dorking & Mole Valley AC - Paula Carter
DSFRS Running Club - Jamie Town
Dulwich Park Runners - Emma Pond
Dulwich Runners AC - Barry Graham
Dunstable Lions Running Club - Mark Cornell
Dunstable RRC - Cheryl Currant
Ealing Southall & Middlesex AC - Helen Leadbetter
East Cornwall Harriers - Sarah Steed
East Essex Triathlon Club - Scott Youngson
East Grinstead & District AC - Edward Vermeer
East Grinstead Runners - Natalie Moon

East London Runners - Michael Wilson
Eastbourne Rovers AC - Brian Slaughter
Eastern Masters AC - Robert Lands
Eastleigh RC - Emma Tyler
Edmonton RC - Becky Tanner
Egdon Heath Harriers - Beverley Smith
Elmbridge RRC - Zoe Maughan Taylor
Ely Runners - Lauren Thomas
Ely Tri Club - Sarah Garrod
Enfield and Haringey A C - Barry Cook
Enfield Chasers - Stuart Wilkinson
Epsom & Ewell Harriers - Christian Glencross
Epsom Allsorts - Sonya Smith
Epsom Oddballs RC - Mike Barrett
Erme Valley Harriers - Keith Reed
Eton Manor AC - Stephanie Rashbrook
Exeter Harriers - Stephen Palmer
Exeter University Athletic Club
Exmouth Harriers - Hannah Bown
Eye Community Runners - Sarah Short
Eynsford RC - John Laidlow
Eynsham Road Runners - John Rowland
Fairlands Valley Spartans - Jane Wadey
Falmouth Running Club - Kate Rowlands
Farnham Runners - Julia Tagg
Farnham Town Running Club - Sophie McGuinness
Farnham Triathlon Club - Susan Tiplady
Faversham Running Club - Sandra Nelson
Felixstowe RRC - Jonathan Wilding
Fenland Running Club - Jac Richards
Finch Coasters - Gina Keech
Fleet & Crookham AC - Penny Abbott
Folkestone Running & Athletics Club - Vicky Scott
Framlingham Flyers - Amanda Smith
Fremington Trailblazers - Claire Harris
Frome Running Club - Justin Worringham
Fry Club Joggers - Rozalyn Perkins
Fulham Running Club - Martin Milward
Ful-On Tri Club - James Roch
Gade Valley Harriers - Helen Cook
Garden City Runners - Sean Bowen
Gillingham Trotters - Vicki Kewley
Gmax TrackStars AC - Mark Lancaster
Gordonian Runners - Richard Paterson
Gosport Road Runners - Sophia Hurlo
Grange Farm & Dunmow Runners - Kevin Marshall
Gravesend Road Runners - Annabelle Stearns
Great Bentley Running Club - Magdalena Komorowska
Great Milton Athletics Club - Kate Blanche
Great Yarmouth & District AC - Andrew Willeard
Great Yarmouth Road Runners - Courtney Jacobs
Greenbow Running Club - Kirsty Bickell
Greenwich Tritons Triathlon Club - Lesley McCarthy
Guernsey AC - Indi Gallagher
Guildford & Godalming AC - Susanna Harrison
Hadleigh Hares AC - Kay Oxford

Hailsham Harriers - Hannah Deubert-Chapman
Halstead RRC - Katie Martin
Halterworth Harriers - Paul Garland
Hamwic Harriers Running Club - David Keates
Hamworthy Harriers - Jeannette Pike
Handy Cross Runners - Chris Gentry
Harley Runners - Charmaine Bradford
Harleston Running Club - Sarah Edwards
Harling Athletic Club - Kirsty Staddon
Harlow AC - Adam Garrett
Harlow Running & Tri Club - Colin Baker
Harold Wood Running Club - Donna Ball
Harpenden Arrows - Sharon Stanley
Harrow AC - Kiran Solanki
Hart Road Runners - Anne Croft
Harvel Hash House Harriers - Denise Lee
Harwell Harriers - Tammi Williams
Harwich Runners - Robin Brookes
Haslemere Border AC - David Bateman
Hastings AC - Thomas Cleary
Hastings Runners - Charles Bowley
Hatch Warren Runners - Helen Brooker
Havant AC - Julie Bream
Haverhill Running Club - Clare Fitzjohn
Havering '90 Joggers - Laura Kelly
Havering AC - Anthony Bentonm
Hayes & Harlington Road Runners - Michael Harper
Hayle Runners - Jamie Gore
Haywards Heath Harriers - Marion Hemsworth
Hazlemere Runners - Helen Scott
Headington RR - See Wah Cheng
Heathfield Runners - Louise Waghorn
Hedge End Running Club - Timothy Ford
Helpston Harriers AC - Paul Lunn
Henfield Joggers - Paul Crowe
Hercules Running & Tri Club - Paul Schroder
Hercules Wimbledon AC - Sheila White
Herne Hill Harriers - Steven Bosley
Herts Phoenix AC - Gill Benveniste
Heyford Aardvarks Running Club - Nichola Whelehan
Highgate Harriers - Jonathan Laybourn
Highworth RC - Vinny Colley
Hillingdon AC - Christina Benjamin
Hockley Trail Runners - Trevor Dobie
Holland Sports AC - Liane Henson
Honiton RC - Louise Bennett
Hook Norton Harriers - Anwen Greenaway
Hook Runners - Alison McCulloch
Horley Harriers Running Club - Mark Ross
Horsham Blue Star Harriers - Elspeth Turner
Horsham Joggers - Sok Wah Lee
Horsham Run Fit - Simon Hurst
Hungerford Hares RC - Keith Mayes
Huntingdonshire AC - Wayne DuBose
HY Athletic Club - Sonni Pine
Ilford AC - Andrew Catton

Ilfracombe Running Club - Chris Burley
Impact Athletic Club - Craig Smith
Independent Intelligent Fitness - Maureen Emmett
Inspire Runners Chichester - Caroline Duff
Invicta East Kent AC - Nicola Old
Ipswich Harriers - Margaret Leek
Ipswich Jaffa RC - Cheryl Thomas
Ipswich Phoenix Running Club - Gavin Horrex
Ipswich Triathlon Club - Hayley Roche
Isle Of Wight AC - Nicola Canning
Isle of Wight Triathlon Club - Alison Jenkinson
Istead & Ifield Harriers - June Wicks
Itchen Spitfires Running Club - Hayley Marie Bevis
JBR Run and Tri Club - Karen Saltwell
Jersey Spartan AC - Lucy Poignand
Kent AC - Philip Marsden
Kesgrave Cruisers - Bella Lock
Kidlington Running Club - Dave Sandy
Kingston AC And Poly Harriers - Gareth Perrin
Kingston University Athletics Club - Nicole Soriano
Lancing Eagles RC - Trudy Niblett
Langport Runners - Julie Gilbert
Larkfield Athletics Club - Janette Burnard
Launceston Road Runners - Nicholas Smith
Lauriston Runners Club - David Beard
Leigh-on-Sea Striders - Lisa Westwick
Leighton Buzzard Athletic Club - Michael Furness
Leighton Buzzard Triathlon Club - Stephen Goodlad
Lewes AC - Lauren Puttock-Brown
Lingfield RC - Graeme Bennett
Liss Runners - David Reid
Little Baddow Ridge Runners - Gerry McGovern
Littledown Harriers - Suzanne Janes
London City Runners - Natascha Starr
London Fields Triathlon Club - Alice Fulton
London Frontrunners - Christos Bitzis-Politis
London Heathside - Simon Baker
Longstanton and Northstowe Limpers - Emma Phillips
Looe Pioneers Running Club - Darren Vilton-Tebbutt
Lordshill Road Runners - Louise Higgs
Loughton AC - Zoe Oldfield
Lowestoft Road Runners - James Crisp
Luton Athletic Club - Stephen Bassill
Lymington Athletes - Charlotte Selby-Nicholls
Maidenhead AC - Benita Scaife
Maidstone Harriers Run & Tri Club - Catherine Bowles
March AC - Dawn Veal
Marlborough Athletics - Paul Warren
Marlborough Running Club - Sara Marchington
Marlow Striders - Ann Bowles
Marshall Milton Keynes AC - Terence Michael Bromilow
Meads Runners - Michael Ovens
Medway and Maidstone AC - Linda Neeves
Medway Tri - Sue Beveridge
Mel's Milers Jogging Club - Tracey Edwards
Mendip Athletic Club - Peter Grosjean

Metropolitan Police AC - Sarah Stephens
Metros RC - Stephen Alder
Mid Essex Casuals - John Clarke
Mid Sussex Triathlon Club - David Turner
Midhurst Milers - Shelagh Legrave
Mile High - Christopher Martin
Milocarian AC - Gavin McAllister
Milton Keynes Distance Project - Kyle Bennett
Mornington Chasers - Russ Hall
Mote Runners - Alan Probert
NEJ Running Club - Jessica Millard
Netley Abbey Runners - Sarah Hughes
New Forest Junior AC - Rachel Jones
New Forest Runners - Mario Sheath
Newbury AC - Matthew Green
Newham & Essex Beagles AC - Nina Hepburn
Newmarket Joggers - Wendy Ancill
Newquay & Par AC - David Varney
Newquay Road Runners - Railton Frith
Newton Abbot AC - Janice Hindle
Norfolk Gazelles AC - Justine Davenport
Norfolk Harriers RC - Stuart Barnard
North Cotswold Tri & Run - Nikki Hitchcock
North Devon AC - Tim Sharpe
North Devon RRC - Trev Bryan m
North Herts Road Runners - Russell Hagan
North Norfolk Beach Runners - Gav Dent
North Norfolk Harriers Athletics Club - Rachel Cubitt
Norwich Road Runners - Brian Moore
Okehampton RC - Jacqueline Shields
Olney Runners AC - Sarah McAuliffe
Olympia Athletics - Carla Mae Meenehan
On the Run Aylesbury - Monika Yarnell
Optima Racing Team - Mark Klein
Orion Harriers - Roy Perrott
Orpington Road Runners - Susan Woodhead
Orwell Panthers AC - Margaret Nicholls
OS Runners - James Clarke
Overton Harriers & AC - Sarah McCann
Oxford Brookes University Athletics Club - Sadie Graham-Mulvaney
Oxford City AC - Anett Fegyveres-Nagy
Oxford Tri - Kelly Lehmann
Oxford University AC - Cayen Wang
Paddock Wood AC - Elizabeth Bignell
Peterborough & Nene Valley AC - Elaine Larkins
Petts Wood Runners - Daniel Selman
Pewsey Vale RC - John Summers
Phoenix Striders - Joy Leader
Pitsea RC - Cheryl Goode
Plumstead Runners - Leslie Howson
Plymouth Coasters - Ian McLeod
Plymouth Falconers - Paul Harbour
Plymouth Harriers - Richard Warne
Plymouth Musketeers Running Club - Suzanne Vosper
Plymstock Road Runners - Graham Bale
Polegate Plodders - Mark Wardle

Poole AC - Ian Hitching
Poole Runners - Jon Tice
Portslade Hedgehoppers
Portsmouth Joggers - Sue Hyson
Portsmouth Triathletes - Sandra Jerrim
Pound Hill Pounders - Barry Cowdray
Precision Fuel & Hydration - Ant Gritton
Purbeck Runners - Stuart Morris
QBE Running Club - Julia Semple
Queen's Park Harriers - Peter Reupke
Radley Athletic Club - Mikaela France
Ramsey Road Runners - Fred Johnson
Ranelagh Harriers - Trevor Maguire
Ravens City of London Running Club - Phil Herson
Ravens School Runners - Gavin Fage
Reading AC - Sarah Ball
Reading Roadrunners - David Fiddes
RED (Rochford Endurance & Distance) Runners - Vic Conran
Redway Runners - Denise Browning
Reepham Runners - Lin Bolton
Reigate Priory AC - Ruth Willis
Riviera Racers - Tracey Roberts
Rochford Running Club - caroline smith
Romsey Road Runners - Alice Lane
Royal Wootton Bassett Hounds RC - Chiaki Beis
Royston Runners - Ian Brown
Run Academy Worthing - Steve Easty
Runblandford - Charli Goddard
Runhead AC - Jessica Johnson
Runners-Next-the-Sea - Andrew Payne
Running for Time - Gill Pearson
Runnymede Runners - Alison Parry-Jones
RunThrough - Lucy Harfield
RunWednesdays - Colin Burbage
Rushmere Community Runners - Tracy Ratcliffe
Ryde Harriers - Caroline Dall-Whittall
Ryston Runners - George Pettit
S Factor Athletics Academy - Jennifer Campbell
Saffron Striders RC - Linda Brett
Saint Edmund Pacers - Matt King
Sandhurst Joggers - Maureen Willcox
Sawtry Walk to Run - Matt Spinks
Saxmundham Sports Running & Fitness Club
Seaford Striders RC - Kay Crush
Seafont Shufflers - Briony Edwards
Serpentine RC - Catkin Shelley
Sevenoaks AC - Neil Haggertay
SHAEF Shifters Running Club - Nick Rowe
Shaftesbury Barnet Harriers - Philip Cunningham
Shefford Runners - Jonathon Hawkins
Shenley Striders - Simon Gurney
Sherfield Park Runners - Clare Wilson
Sittingbourne Striders - Sally Church
SLGR - Michelle Loader
Slinn Allstars - Alex Davis
Slough Junior AC - Francesca Rowland
Solent Running Sisters - Louise Ann Hillier-Wheal

South Devon AC - Rachel Irish
South Kent Harriers - Rebecca Edwards
South London Harriers - Daniel Gillett
South Molton Strugglers - Samantha Parkhouse
South West Road Runners - Danielle Cox
South West Veterans AC - Jill Harrison
South Woodham Runners - Paul Davis
Southampton Athletic Club - Diane Reavey
Southampton Triathlon Club - Nicola Cooke
Southampton University Athletics & Cross Country Club - Harry Wood
Southern Counties Veterans AC - Anthony Rea
Southwark Athletics Club - Mat Barber
Springfield Striders RC - David Lindsay
SS Athletics - Jake Young
St Albans Striders - Katie Bunting
St Austell Running Club - Jacqui Martin
St John's Running Club - Vicki Poole
St Mary's Calne Sports Centre Running & Triathlon - Tracy Thompson
St Mary's Richmond AC - Gerard Williams
St Mary's University Athletics Club - Craig Winrow
St Neots Riverside Runners - Hayley Bond
Stevenage & North Herts AC - Norma Harris
Steyning AC - Suzanne Ford-Dunn
Stock Exchange AC - Andrew McLauchlan
Stopsley Striders - Kate Warren
Stowmarket Striders RC - Gillian Charlton
Striders Of Croydon - Michael Smaldon
Stubbington Green Runners - Debbie Adams
Sudbury Court Running Club - Patricia Edwards
Sutton & District AC - Sam Lazou
Sutton Runners - Elizabeth Terry
Sutton Striders - Karen Little
Swale Combined AC - Paul Churcher
Swale Tri Club - Anna Roughley
Swanley & District AC - Samantha Goulter
Swindon Harriers - Steve Connolly
Swindon Striders - Sarah Wintle
Tadley Runners - Steve Fleck
Tadworth AC - Alan Imeson
Tamar Trotters - Ellie Peck
Taunton AC - Ursula Green
Tavistock AC - Carole Walters
Tavistock Run Project - Dave Chanter
Team Bodyworks - Yvette Clark
Team Devizes - Moonrakers AC - Michelle Cox
Team Kennet Triathlon & AC - Lisa Holmes
Team Synergy - Claire Marsden
Teignbridge Trotters - Liz Barnett
Thame Runners - Steve Graham
Thames Hare & Hounds - Simon Molden
Thames Turbo Triathlon Club - Robert Hart
Thames Valley Harriers - Kat Field
Thames Valley Triathletes - Nicki Farrell
Thamesmead Running Club - Jennifer Hien
Thanet AC - Linda Hardy
Thanet Roadrunners AC - Julie Williams

The Stragglers Running Club - Tracey Lenthall
Thetford AC - Nicholas Jones
Thorney RC - Tracy Jane Moore
Thurrock Harriers - Jonathan Metcalf
Tiptree Road Runners - Kerry Marsh
Tiverton Harriers - Jeffrey Curd
Tonbridge AC - Daniel Paterson
Torbay AAC - Nick Robinson
Torbay Tri Club - valerie mclean
Torrington AAC - Neil Reeby
Totton RC - Dorothea Kennard
Trent Park Running Club - Geoff Harris
Tri Surrey Triathlon Club - Stephen Clancey
Tri Tempo Eastbourne - Jacqui Hemsley-Lane
Tri-Anglia Triathlon Club - Paul Saunders
Tring RC - Madelaine Pendrigh
TRISudbury - David Payne
Tuff Fitty Triathlon Club - Adrian Oliver
Tunbridge Wells Harriers - Simon Holford
Twemlow Track Club - Paul Chapman
University of Bath Athletics Club - Alfie Robinson
University of Plymouth Athletics Club - Ellie Robinson
University of Winchester - Holly Crowther
Vale Of Aylesbury AC - Pat Card
Vectis Academy Race Team - Darren Cole
Veterans AC - Ros Tabor
Victoria Park Harriers and Tower Hamlets AC - Simon Wharton
Victory AC - Christine Riddingtonk
Wadhurst Runners - Giles Clark
Walton AC - Lizzie Amos
Ware Joggers - Richard Coffey
Warminster Running Club - Paul Marchant
Watford Harriers - Lisa Richards
Watford Joggers - Victoria Williams
Watlington Runners - Angus Williams
Waveney Valley AC - Dave Catchpole
Waverley Athletics Club - Paul Bingham
Wverley Harriers - David Elder
Weald Tri Club - Edward McKinney
Wells City Harriers - Alexander Coombs
Werrington Joggers - Sue Merritt
West 4 Harriers - Jason Drake
West Norfolk AC - Jen Gosnell
West Suffolk AC - Michelle Wilson
West Wight Road Runners - Mike Maliphant
West Worthing Runners - Jacky Brown
Weymouth St Pauls Harriers - Tracy Moore
Wheathampstead Warriors - Julie-Anne Moors
White Cliffs Athletics & Running Club - Lisa Coleman
White Horse Harriers - Neil McColl
Whitstable Road Runners - Julie Goodman
Wight Tri - Arielle Elton-Walters
Wimbledon Windmilers - Anne Davies
Wimborne AC - Glyn Percival Davies

Winchester & District AC - Paul Cox
Winchester Fit Club RC - Annabel Hastie
Winchester Running Club - Kate Green
Windle Valley Runners - Geoff Williams
Windrush Triathlon Club - Hamish Grant
Windsor Slough Eton & Hounslow AC - Sam Smith
Witham RC - Angela Read
Witney Road Runners - Lyn Hopkins
Woking AC - Lisa Wazydrag
Women on the Run - Rosalind Vincent
Woodbridge Shufflers RC - Suzanne Sidhu
Woodbridge Wolves AC - Abby Moore
Woodford Green AC with Essex Ladies - David Hollingworth
Woodstock Harriers AC - Iain Claxton
Worthing & District Harriers - Martin Petry
Worthing Gazelles - Josephine Izard
Worthing Striders - Lesley Card
Wycombe Phoenix Harriers & AC - Paul Burton
Wyomondham AC - Rob Stratton
Yaxley Runners & Joggers - Steve Joy
Yeovil Town RRC - Angela Dobbs
Young Athletes Club - Gillian Wilder
Zero to Hero Runners - Helen Randell
Zoom Tri Club Bournemouth - Lynn Wenborn

VIRTUAL CLUBS

CLUBS & SECRETARIES

1% Running Club - Simon Fearon
Brownlee Fitness - Mark Buckingham
Fetch Everyone - Ian Williams
Girls That Jeff - Emma Spears
Gnosall Globetrotters Running Club - Nelson Finan
Harbour Athletic Club - Tsz Kin Tsui
Innovation Multisport - Emily Salmeron
Lonely Goat RC - Chris Marsden
Nepal Run - Udesh Dewan
New Levels Run Club - Gemma Hillier-Moses
Rainford Runners and Multi Sport (RRAMS) - Jillian Littler -
RES Run Club - Luke Adams
Run Mummy Run CRC - Rosie Bassett
Run Nation Running Club - Ruth Hunneysett
Run Things Run Club - Hayley Topley
Running at 40 Plus - Sally Ambrose
Running Bear - Rik Milne
The Running Hub - Naomi Avery
Total Run Training - Kirsty Walker
UKRunChat Running Club - Matt Upston
Vegan Runners UK - Rachel Strother

ENGLISH CROSS COUNTRY ASSOCIATION CONSTITUTION

1. Title and Composition

The Association shall be called the ENGLISH CROSS COUNTRY ASSOCIATION hereinafter called the Association and shall consist of clubs and bodies affiliated to England Athletics (or its successor authority) with a declared interest in cross country running.

2. Objects

The objects of the Association shall be:

- (a) To manage, encourage and promote competition in cross country running in England;
- (b) To promote English Cross Country Championships annually.
- (c) To select and manage competitors to represent England in international cross country competition.
- (d) To exercise such powers as shall from time to time be devolved to it by the body responsible for the governance of athletics in England;
- (e) To advise UK Athletics on potential changes to Rules for Competition and to provide competitions in accordance with the agreed rules.

3. Management

The management of the Association shall be vested in a General Committee consisting of:

- (a) The Officers, consisting of the Chairman, Secretary, Assistant Secretary and Treasurer all of whom shall be ex officio on all committees and who shall normally be elected for a period of three years in rotation;
- (b) Championship Secretary
- (c) Officials Secretary
- (d) President, Past Presidents, Life Vice-Presidents and Life Members of the Association;
- (e) Two members nominated by Midland Counties AA, Northern Athletics and South of England AA (the England Areas) or such other areas as may devolve.
- (f) Members nominated by clubs and organisations affiliated to England Athletics to a maximum of eighteen, one third of which shall retire each year, any member retiring may offer themselves for re-election,
- (g) Co-opted individuals as required, appointed to achieve the necessary balance of skills and experience;
- (h) Voting members of the General Committee shall be such as are appointed or elected under 3 (a), (b), (c) (e) and (f) above;
- (i) The General Committee shall meet at least twice a year;
- (j) The General Committee shall call an Open Meeting annually.
- (k) Voting at General Committee meetings will be determined by a simple majority. Voting will be by a show of hands but members may request a closed ballot, although this must also be determined in principle by a show of hands.

4. Executive Committee

The General Committee shall appoint:

- (a) An Executive Committee empowered to deal with any matters relating to the English National Cross Country Championships, English Cross Country Relay Championships, representative teams, and any urgent matters, which may be referred to it by General Committee or which may arise in the interval between General Committee meetings.
- (b) The membership of the Executive Committee will be the Chairman, Honorary Secretary, Honorary Treasurer, Championship Secretary, Assistant Secretary, Officials Secretary plus two members nominated by each of Midland Counties AA, Northern Athletics and South of England AA.
- (c) Any other sub-committees as deemed necessary.

The Executive Committee will meet at least twice each year, and additionally as needed.

Meetings will be formally minuted, and any decisions reached will be communicated to the General Committee, either verbally at the General Committee meetings which follow, or by email to General Committee voting members within 1 week of the meeting.

General Committee voting members will raise any concerns or issues within one week of the date of the email issue, with the ECCA Officers.

5. Annual Open Meeting

The business and conduct of the Open Meeting shall be:

(a) Notice of Open Meeting

- (i) Advance notice of the Open Meeting shall be posted on the ECCA, Areas and England Athletics web sites not less than fifty-six days before the date of the meeting;
- (ii) Nominations for Officers, General Committee members and other matters to be considered shall be received by the Secretary not less than twenty-eight days prior to the meeting;
- (iii) Formal notice including an agenda, shall be posted on ECCA, Areas and England Athletics web sites not less than twenty-one days prior to the meeting.

(b) Business

- (i) To elect Officers;
- (ii) To elect members of the General Committee;
- (iii) To receive the current financial statement;
- (iv) To receive reports on the Championships held
- (v) To appoint auditors;
- (vi) To consider any proposed changes to the Constitution;
- (vii) To consider any other matter of which due notice has been given.

(c) Conduct of meeting

- (i) Each club or other body affiliated to England Athletics with a declared interest in cross country running may nominate one delegate to attend, speak and vote. Such nominations shall be on the club or body's headed paper and signed by a duly authorised person;
- (ii) Each delegate shall have one vote. In the event of an equality of votes the Chairman of the meeting shall have a casting vote;
- (iii) In the event of excess nominations being received for any position the candidates with the most votes up to the number required to fill all current vacancies shall be duly elected.
- (iv) Voting on elections at the Open meeting will be determined by a simple majority. Voting will be by a show of hands but delegates may request a closed ballot, although this must also be determined in principle by a show of hands.
- (v) Changes to the Constitution will require a two thirds majority.

6. Finance

- (a) The fund of the Association shall be vested in the name of the English Cross Country Association.
- (b) All funds shall be applied to the furtherance of the objects of the Association;
- (c) In the event of dissolution, the funds and property remaining will be devoted to other organisations whose objects are similar to the objects of the Association.

Approved 22nd May 2021

ECCA CHAMPIONSHIP CONDITIONS

Venue

1. The English National Championships shall be held in rotation, in the Areas controlled by the Midland Counties AA, South of England AA and Northern Athletics.

Date and Qualification for Entry in English National Championships

2. The Championships shall be held if possible, on Saturday in Week No 8 in each year.

3(a). Teams of first-claim members of any English cross country club or individual first-claim members of any English cross country club not entered as a team (not more than five individuals from any one club in the Senior Men's Race and not more than three in all other races) are eligible to compete for the Championships.

3(b) Athletes are allowed to change their first claim club after the closing date for entries to the National Cross Country Championships and the National Cross Country Relay Championships on condition that:

- i) He/she has been entered by the closing date for entries by their former first claim club;
- ii) England Athletics have approved the change of first claim club;
- iii) The request to change the first claim club, and confirmation of approval by England Athletics, has been received by the ECCA Championship Secretary by 12:00 on the Friday, two weeks and one day before the date of the competition.

4. All age groups may enter without having entered their Area Championships.

5. First claim athletes of clubs not entering teams in the National Cross Country Championships and / or National Cross Country Relay Championships may represent their respective University / Higher Education teams in those competitions. University / Higher Education teams will not be eligible to receive medals at those competitions.

6. The English Champions shall be allowed to defend their title as an individual entrant.

7. The team scoring the least number of points, according to the positions in which the members of the team finish whose positions are to count, shall be the winner; the positions of the non-scoring members of a team, whether it finishes all of its members or not, shall be scored in computing the totals of the other teams. In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

8. Senior and Junior age group athletes who are registered with UKA as Foreign Athletes may represent their First Claim English club in ECCA Team Championships on condition that they can demonstrate bona fide and unbroken residence in the UK and have been registered with UKA by January 1st prior to the start of the following competition year / cross country winter season.

Officials

9. Officials shall be appointed to carry out the duties described under the heading of 'Duties of Championship Officials'.

Maximum distances

10.	Under 13 Girls	3.5 kilometres	Under 13 Boys	3.5 kilometres
	Under 15 Girls	4.5 kilometres	Under 15 Boys	4.5 kilometres
	Under 17 Women	5 kilometres	Under 17 Men	6 kilometres
	Junior Women	6 kilometres	Junior Men	10 kilometres
	Senior Women	Unlimited	Senior Men	Unlimited

Entries

11. All entries must include the full name, date of birth and Club of the competitor. Upon changing surname competitors must, for one year, insert both names on all entry forms.

Disqualifications

12(a). All competitors must wear club colours. Failure to do so will lead to disqualification.

12(b). Each competitor in all ECCA Championship races must wear the transponder provided as directed by the ECCA. Failure to wear the necessary equipment as issued will result in disqualification unless unforeseen circumstances can be shown to apply in each individual case.

13. No athlete shall join a cross country race who is not qualified to compete. Athletes infringing this rule shall be liable to expulsion from any race under the jurisdiction of UK Athletics and could render their club liable to disqualification.

14. An athlete crossing the starting line before the starting signal is given shall be liable to disqualification.

Age Groups

15. Age groups for Cross Country shall be taken as at midnight 31st August/1st September at the beginning of the competition year:

*Under 13 Boys (11/12 years old).	*Under 13 Girls (11/12 years old).
Under 15 Boys (13/14 years old).	Under 15 Girls (13/14 years old).
Under 17 Men (15/16 years old).	Under 17 Women (15/16 years old).
Junior Men (17/18/19 years old).	Junior Women (17/18/19 years old).
Senior Men (over 20 years old).	Senior Women (over 20 years old).

16. A Jury of Appeal consisting of three members, one of whom will act as Chair, will be appointed for ECCA Championships. The Jury will consider and determine the outcome of all protests and appeals received on the day of competition. The decision of the Jury shall be final.

DUTIES OF CHAMPIONSHIP OFFICIALS

Event Manager.

Be responsible for the ordering, delivering to site and construction of the entire infrastructure for the championships. To be the liaison contact for the event up to competition day. But not responsible for the construction or route of the course.

Meeting Manager.

The meeting manager shall be responsible for the correct conduct of the competition. To check that all the officials have reported for their respective duties, appoint substitutes when necessary in consultation with the referee and have the authority to remove from a duty any official who is not abiding by the rules. However he/she will have no authority over technical matters which will ultimately be the responsibility of the event Referee.

Technical Delegate.

He or She is charged to undertake a watching brief over all aspects of the event, to provide a detailed report of their findings and make suggestions and recommendations to improve the event as appropriate.

ECCA Secretary.

To keep all parties informed of the current ECCA policy in respect to its championships.

To ensure that all medals are ordered and available for the first race of the day to the Presentation team.

Championship Secretary(s).

To print all information and entry forms and post to clubs. Receive entries back and log entries for computer, note cheques and bank. Print a reply letter including all final details and post back to clubs. Forward all entries to FR Systems so that athletes get a number and allocate a pen number ready for programme. Also make sure the event has a permit.

Officials Secretary.

To appoint sufficient officials for the smooth running of the championships, in line with the requirements of the ECCA Championship committee.

Referee.

Referee the Championships and settle any points of dispute submitted to him/her.

Declare the result of the races and winners of the team and individual awards and forward to the Honorary Secretary.

Instruct the Referee's assistant on help that is required.

Fill any vacancies among the officials in conjunction with the meeting manager.

Assistant Referee.

Assist the Referee and work to his/her instructions.

Clerk of the Course.

Provide suitable maps of the course prior to the event.

To be responsible for the proper marking out of the course and to assign a definite station to each Course Marshall which shall be numbered on the plan of the course.

To locate all the material for the marking of the course(s)

Ensure that the various courses are the correct distance and that the course is wide enough to handle 1500 to 2000 competitors for the National Championships or for the Relay Championships to accommodate 150 athletes.

Course Marshals Supervisor

See that the start and the approach to the finish is under proper control.

Go round during the progress of the races to ensure that all stations and points are manned. Replace barrier tape as necessary.

Course Marshals.

To supervise the area as allocated by the Chief Clerk of the Course.

Ensure that the course is strictly followed. Any infringements to be reported immediately to the Clerk of course. To remain at the allocated area until the last competitor has passed and then report to the Chief Clerk of Course at the finish area or other suitable arrangements have been made.

Starter.

Control the start of the Championships once the start has been handed over to him from the Start Area Co-ordinator. (Once the race has been handed over to the starter then all questions concerning the start shall be at the absolute discretion of the starter, whose decision shall be final).

Start Area Co-ordinator.

Liaison with the starter, allocating duties to members of the start team.

Ensuring that all athletes as far as possible are wearing their correct club running vest with their race number securely fastened with four pins and not disfigured in any way on entering the start area.

Have prepared a list of club starting pen allocation, with sufficient copies for all his/her team in both alphabetical and numerical order.

Allocate from the team one person to be in charge of a small team to oversee the athletes entering the start area via the start area tent. This to ensure as far as possible, all athletes are wearing their correct club vest, numbers are as issued and the transponder is securely fixed to the athlete.

Start Team.

Work under the direction of the Start Area Co-ordinator, ensuring that athletes, as far as possible, are in the correct starting pen and wearing his/her correct club vest and race number, and is being worn as issued.

Ensuring that all competitors are placed behind the start line.

To ensure as far as possible there is a fair start for all competitors.

Change Over Team (Relays only)

Both the Start and Finish teams in the relay Championships will combine under the Finish Area Co-ordinator to ensure the smooth change-over in the relay Championships once the race has commenced

Line Judge.

Place the runners in their order of finishing where necessary and also record the first 25 athletes home.

Chief Timekeeper.

Designate duties to the timekeepers and their recorders.

Ensure that the first 25 times (approx or as agreed) are passed to the computer operator as quickly as possible and at the conclusion of the race forward all times that have been taken during that race.

Timekeepers & Timekeepers Recorders.

Work as directed by the chief timekeeper recording as many times as is agreed.

Chief Registration.

Responsible for all aspects of the issuing of the transponder and race numbers and to sort out any problems that occur within each event. Open at 9.00am for first 5 events and then at 11.00 am open for the last 5 events.

Registration Co-ordinator.

Assist the Chief Registration and work to his/her instructions.

Registration Team.

To work under the direction of the Chief Registration official in the issuing of race numbers (which at present include a race transponder) and deal with enquiries in all aspects to individual athletes and team managers.

Finish Area Co-ordinator.

To supervise all aspects of the finish area of the course. (This includes not only the finish but the recovery of the transponders and the dispersal of the athletes).

Finish Area Team.

To work under the direction of the Finish Area Co-ordinator.

Announcers.

Provide the spectators with up to date progress of the races, announce the finishing position of the for both the individuals and team competitions. To keep the spectators up to date with all information available to them.

Radio Communications Manager.

The radio Communications Manager will be located with the Announcers. Ensure that all designated radio personnel have collected their radio and have tested it with yourself. The radio Communications Manager will have one radio and the announcers another.

Ensure that all radio personnel have the appropriate grid reference course map.

Ensure that all ECCA officials are on channel 1.

Ensure that all course Marshals are on channel 2. in liaison with the clerk of course.

Ensure that all Walkie Talkie teams are on channel 3.

In liaison with the announcers decide where the three Walkie Talkie teams are to be positioned and assist the announcers with athlete's positions whenever practicable during the course of the races.

Ensure that all First Aid (Inc Doctor) are on channel 4.

Ensure Computer to Registration are on channel 5

To keep a written record of any incident that you feel should be recorded. (Not minor radio traffic). Entries to be written in the radio communications reference book which is available from the information site reference box.

Walkie Talkie Team.

Work in pairs at the discretion of the Radio Communications Manager.

Lap Separators/Recorders.

To ensure that all athletes complete the required numbers of laps for their particular race.

Chief Drug Control Liaison.

To be the English Cross Country Association representative for the Championships.

To arrange in consultation with the Sports Council to collect the appropriate competitor.

Allocate duties to the Drug Control Liaison team.

Drug Control Team.

Work as directed by the Chief Drug Control Liaison Officer.

Work in conjunction with the Sports Council

Information Team.

To man the information area and have as much information about the event as possible and be in a position to answer if at all possible, questions from spectators.

To allocate the radios against signatures and the collection of such at the end of the days competition

To issue and retrieve against signature bibs for the press and photographers.

To collate the signatures of all spectators wishing to take photographs during the days competition.

Jury of Appeal.

To liaise with the computer operators if required and verify the results as produced by them so that they reflect the result obtained from the recording cards and the technology used in producing the final result. To pass same to the race Referee for verification and release. Resolve any other disputes if there is an appeal after the referee has made his final decision.

Officials Reception Team.

Issue the Officials with their envelopes containing their instructions, event programme and other information as agreed. Report any deficiencies to the meeting manager and/or race referrer.

Finance Issues.

The ECCA Treasure will be responsible for all financial issues and will nominate such a team as required.

The ECCA Treasurer will be responsible for informing all previous trophy winners to return the trophy(s) that they won at the previous championships in a clean condition suitable for presentation and fully engraved state.

Chief Presentation Official.

Being responsible for seeing that all the trophies are returned on the day against signature prior to the start of the first race of the day. To ensure that all trophies presented are signed for.

To ensure that all medals are available from the ECCA secretary.

Any trophies which are considered to need some attention due to the state that they are in should be brought to the attention of the ECCA Treasurer.

Presentation Team.

To work as a team as directed by the Chief Presentation official.

Results.

Currently a commercial company producing the results as agreed by contract.

Results Team.

To work as a team gathering the results from the computer station and forwarding them to the Chief Presentation Official. Circulate to any Press staff that are present.

Track down any queries as raised by the result provider.

Arrange distribution of result sheets to the various distribution locations.

Reception Team.

Receive and entertain official guests of the English Cross Country Association during the course of the championships.

Role of Cross Country Marshals

People who volunteer to marshal on Cross Country Courses are very important to an Events's success. Traditionally a Marshal's main functions were to direct competitors and act as the Referee's eyes and ears on the course. But now we expect so much more of them to ensure the success of cross contry meetings. Many of our competitions take place in public areas. By definition these areas are enjoyed by people engaged in a variety of activities that can lead to conflicts with our events.

Operating in public areas comes with the responsibility to meet the demands and expectations of land managers, the general public, spectators and competitors with regard to the law, health, safety and welfare. How we manage these events and interact with the public will determine their perception and support for our sport.

In an increasingly litigious society, it is Marshals who keep the organisers of cross country events out of court by demonstrating that events are well managed, safe and are mindful of the needs of other public space users.

In the unlikely event of going to Court a Coroner will never be interested in competitor's times or places, but will always require explanations of how competitors and the public were directed and medical assistance was summoned.

In addition to their competition duties, today's Marshals:

- ensure public safety and convenience.
- act as first responders to medical and other incidents.
- liaise with emergency services.
- assist competitors and spectators previewing the courses.
- become our 'shop window' to the public and
- communicate with static Officials and Commentators.

To support the Marshals at major events, Organisers now provide:

- High Visibility tabards or jackets.
- refreshments.
- radio or telephone contacts and
- and can issue a Marshal's pack containing
 - o maps.
 - o programmes.
 - o duty lists
 - o emergency actions and radio protocols and
 - o immediate contact arrangements with the Chief Marshal and other key Officials.

With our public venues coming under growing pressure from other users and the expectation and standards of medical support, health, safety, and welfare constantly rising; the need for well-trained Marshals is increasing.

To attract and keep the right calibre of Marshal, maybe it is now time to have them classified with their own 'Official' status. Together with a training programme to ensure their progression and a recognition of their contribution to successful events.

Martin Holland

Parliament Hill, Clerk of Course.



National Cross Country Relays 2024

Saturday 2nd November

Berry Hill Park, Mansfield, Nottinghamshire, NG18 4JR

Please **NOTE** that **ALL** entries to be done Online: www.race-results.co.uk/natxcrcel24e

10.45am	Junior Women (3x2.5K) Ages 17-18-19 as at 31st August/1st September 2024
10.57am	Under 17 Women (3x2.5K) Ages 15 & 16 years as at 31st August/1st September 2024
11.26am	Under 13 Boys (3x2K) Ages 11 & 12 years as at 31st August/1st September 2024
11.50pm	Under 13 Girls (3x2K) Ages 11 & 12 years as at 31st August/1st September 2024
12.15pm	Junior Men (3x3K) Ages 17-18-19 as at 31st August/1st September 2024
12.40pm	Under 17 Men (3x3K) Ages 15 & 16 years as at 31st August/1st September 2024
1.06pm	Under 15 Girls (3x2K) Ages 13 & 14 years as at 31st August/1st September 2024
1.30pm	Under 15 Boys (3x2K) Ages 13 & 14 years as at 31st August/1st September 2024
1.50pm	Senior Women (3x3K) Age must exceed 20 years as at 31st August/1st September 2024
2.40pm	Senior Men (4x5K) Age must exceed 20 years as at 31st August/1st September 2024

- Clubs can **nominate** 12 names per Senior Men's team and 9 for all other teams entered.
i.e. Max of 36 names for 3 Teams entered in Senior Men and 27 for 3 Teams entered in all other age groups
- Entries must all be done online.
- The entry fee is £48 for senior men's relay (x4) and £36 for all other relays (x3)
- UKA first claim and age group rules apply.
- Athletes will be allowed to change their first claim club after the closing date for entries on condition that-
 - He / She has been entered by the closing date for entries by their former first claim Club.
 - England Athletics have approved the change of first claim club.
 - The request to change the first claim club, and confirmation by England Athletics, has been received by the Championship Secretary by 12.00 on the Friday, two weeks and one day before the date of competition (ie 18th October).
- Clubs may enter Foreign Athletes **BUT ALL must** be Bona Fide and Permanent Residents in the UK and registered as Foreign Athletes with UKA by January 1st, 2024
- University/Higher Education teams may enter but can only include 1st Claim members of open clubs that are NOT entering teams in an age group themselves, University/Higher Education teams will NOT be eligible for any awards.
- Clubs are required to complete and sign a declaration form on the day from names on the entry list via the online system.
- Race information will be sent by email after the closing date.
- Only names entered can compete, no substitutions are allowed, all athletes **MUST** be registered with England Athletics
- Closing date for entries is **Friday 11th October 2024**. 13.07.2024



www.englishcrosscountry.co.uk