



North Eastern Counties Athletics Association (NECAA)
Qualification for the 2018 Senior Men's and Senior Women's 10K Road Racing
Championships (Heaton Memorial Road Race 11 November 2018)

The North Eastern Counties Athletics Association (NECAA) Senior Men's and Senior Women's 10K Road Racing Championships are open to any athlete with a North Eastern Counties qualification.

The North Eastern Counties Athletics Association area comprises the following counties: Durham, Northumberland, Tyne and Wear and the former County of Cleveland.

Qualification may be acquired by one of the following:

1. By birth;
2. By nine months' continuous *bona fide* residence in the North Eastern Counties Athletics Association area immediately prior to the competition;
3. By service in a Unit of HM Forces stationed in the North Eastern Counties Athletics Association area for nine months immediately prior to the date of competition. Temporary absence on duty shall not break a qualification acquired under this paragraph.

PLEASE NOTE:

- a) A student at school, college or university does not acquire a residential qualification by residential qualification by residence in the North Eastern Counties Athletics Association area during term time only;
- b) An athlete who has competed in the Championship of another County or represented another County in the same Competition Year may not compete in the Championship.

Prizes

Medals will be awarded to the first three Senior Men and first three Senior Women.