



**North Eastern Counties Athletics Association (NECAA)**  
**Qualification for the 2022 Senior Men's and Senior Women's 10K Road Racing Championships (Heaton Memorial Road Race 13 November 2022)**

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.