If you would like to be considered for selection for the North East

Run 6.5 laps (2.6k – the race distance) of any track any time up to and including 23rd March, timing yourself on Strava, Garmin or similar and email a screenshot of your time, plus

NAME

DATE OF BIRTH

GENDER

PARENT OR GUARDIAN NAME

CONTACT NUMBER

to lynn.cooper@ntlworld.com by 6pm on Sunday 23rd March

6 athletes selected for each race plus 2 non-travelling reserves

U13 boys - aged 11 or 12 on 31st August 2024 (school year 7 or 8)

U13 girls - aged 11 or 12 on 31st August 2024 (school year 7 or 8)

U15 boys - aged 13 or 14 on 31st August 2024, (school year 9 or 10)

U15 girls - aged 13 or 14 on 31st August 2024, (school year 9 or 10)

U17 men - aged 15 or 16 on 31st August 2024 (school year 11 or 12)

U17 women - aged 15 or 16 on 31st August 2024 (school year 11 or 12)

Teams will travel to London by coach on Friday 25th April (picking up at Newcastle, Durham & Scotch Corner) and overnight accommodation is provided. The coach will return soon after the final race on Saturday 26th (athletes have the option to travel back with parents/guardians). If you ask to be considered, it is expected you will be available on these dates.