

**MIDDLESEX COUNTY A.A.
CROSS-COUNTRY CHAMPIONSHIPS 2022**

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Our championships will be held (under UKA and ECCA Rules) Perivale, **Saturday 8th January 2022**. Race HQ will be at the Tir Chonaill Gaels Club, Berkeley Ave, Greenford, UB6 ONZ – numbers are to be collected here and refreshments will be available here. Please note there are no changing facilities so runners are advised to come in their running kit.

Directions to the site

There is a small car park adjacent to the clubhouse but plenty of (free) parking in the residential streets nearby.

For public transport, the nearest station is Greenford (Central line) and the HQ is about 20 mins walk.

Entries

Team entries are to be made via on-line spreadsheets e.g. <https://1drv.ms/x/s!AvRuCmtKS1bZgtA8RP6i6jknW0GcOA?e=WglgoG> Each affiliated club will be sent a link to their own spreadsheet. This link can be used by any of their club members to enter teams. Once completed and payment is made any subsequent updates or amendments will have to be made via email to Major Carr, Honorary Championships Secretary.

Where your club has multiple team managers they can submit and pay for individual teams e.g. under 13 boys. In these cases only the teams that have been paid for will be locked, other teams can still be updated and submitted at a later date.

We would also appreciate it if the clubs provided marshals. The club spreadsheet allows you to enter the name and contact details for any marshals that your club will be supplying.

Individual entries are to be sent to Major Carr by email stating name, date of birth, URN, and eligibility (birth or residence).

Payment

For both team and individual entries fees can be paid by BACS to:

30-99-78
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Alternatively, by post to the address above with a cheque payable to MIDDLESEX COUNTY AA.

The full name, address and date of birth of all athletes entered must also state whether county qualification is by birth (B) or residency (R). Residency qualification is obtained by having nine months continuous bona fide residence in the County immediately prior to the date of the race. N.B. An athlete who has competed in a County Championship, or represented a County in an Inter-County Championship, may not compete in the championship of another County in that calendar year. All competitors except under 11's, will need to have an up to date English Athletics registration.

Entry and race details are as follows :-

- | | | |
|------------|-------------------------|--|
| 11.15 a.m. | U11 Boys | 1,500 Metres (approx.)
Competitors must be over 9 on the day of the race but under 11 by 31 st Aug/1 st Sep 2021 |
| 11.20 a.m. | U11 Girls | 1,500 Metres (approx.)
Competitors must be over 9 on the day of the race but under 11 by 31 st Aug/1 st Sep 2021 |
| 11.30 a.m. | Under 13 Boys Race – | 3,000 Metres (approx)
Competitors must be over 11 but under 13 by 31 st Aug/1 st Sep 2021. |
| 11.35 a.m. | Under 13 Girls Race – | 3,000 Metres (approx)
Competitors must be over 11 but under 13 by 31 st Aug/1 st Sep 2021. |
| 11.55 a.m. | Under 15 Boys Race – | 4,000 Metres (approx)
Competitors must be over 13, but under 15 by 31 st Aug/1 st Sep 2021. |
| 12.00 a.m. | Under 15 Girls Race – | 4,000 Metres (approx)
Competitors must be over 13, but under 15 by 31 st Aug/1 st Sep 2021. |
| 12.25 p.m. | Under 17 Women's Race – | 6,000 Metres (approx)
Competitors must be over 15, but under 17 by 31 st Aug/1 st Sep 2021. |
| 12.25 p.m. | Under 20 Women's Race – | 6,000 Metres (approx)
Competitors must be over 17, but under 20 by 31 st Aug/1 st Sep 2021. |
| 12 55 p.m. | Under 17 Men's Race – | 6,000 Metres (approx)
Competitors must be over 15, but under 17 by 31 st Aug/1 st Sep 2021. |
| 12.55p.m. | Under 20 Men's Race – | 6,000 Metres (approx)
Competitors must be over 17, but under 20 by 31 st Aug/1 st Sep 2021. |
| 1.00 p.m. | Senior Women's Race – | 8,000 Metres (approx)
Competitors must be at least 20 years of age on 31 st Aug 2021.
In addition to the normal awards, as set out below, the Corlin Trophy will be awarded to the first team that has not finished in the first three positions over the last three years, or is not the current holder of the trophy. |
| 1.45 p.m. | Senior Men's Race – | 12,000 Metres (approx)
Competitors must be at least 20 years of age on 31 st Aug 2021. |

In addition to the normal awards, as set out below, a set of bronze medals will be awarded to the first team (outside the first three teams) to finish with the lowest aggregate for a team of 12 finishers.

ENTRY FEES – except for the Senior Men's & Women's races the entry fees for each race are **£5-00** for each athlete entered with Teams of **three** to score from an unlimited entry.

In the Senior Women's race the entry fees are **£7-00** for each athlete entered with Teams of **4** to score from an unlimited entry.

In the Senior Men's race the entry fees are **£7-00** for each athlete entered with Teams of **6** to score from an unlimited entry.

AWARDS Medals will be awarded to the first three individuals in each race. In the Senior Men's & Women's races medals will be presented on the basis of the size of the team entries for each race. viz :- 1 set of medals for 1 to 4 entries, 2 sets of medals for 5 to 7 entries and 3 sets of medals for 8 entries or more. **In all other age group races up to three sets of team medals will be presented irrespective of the size of the entry.**

ENTRIES CLOSE ON Wednesday 29th December 2021.

The main Inter counties (CAU) championships will be held on Saturday 12th March 2022 at Prestwold Hall, Loughborough