

MIDDLESEX COUNTY ATHLETIC ASSOCIATION

MASTERS CROSS COUNTRY CHAMPIONSHIPS 2022
(under UKA rules)

In partnership with Hertfordshire County Athletic Association

AT TRENT PARK, COCKFOSTERS (Satnav postcode EN4 0JZ)

SUNDAY 27 MARCH starting at 11.00am

Entries close on 18 March 2022

ENTRY FEE £8.00 per runner (no team fee).

All entries are to be made online to RacesOnline at <https://www.racesonline.uk/race-entry/xcvets/>

TEAMS

Veteran Men 40-49	4 to score
Veteran Men 50-59	4 to score
Veteran Men 60+	3 to score
Veteran Women 35-44	3 to score
Veteran Women 45+	3 to score

AGE GROUPS: individual age groups will be in the following categories: W35-44, W45-54, W55-64, W65+, M40-49, M50-59, M60-69 & M70+. Athletes who wish to count for a younger team instead of their own age group **MUST** declare this on the entry form and this cannot be changed after the closing date or on the day. This means that you can only qualify for an individual medal in the team race you have been entered for. No athlete may score in more than one team.

TIMETABLE (with approximate distance)

11.00 am	Men 40-49 and Men 50-59	Distance c.9600 metres
12.00 am	Men over 60 and all Women	Distance c.6400m metres

RULES: no competitor may be entered in more than one County's championships. Qualification is by birth, residence or having competed for Middlesex last year. Only Middlesex affiliated clubs will be eligible for team medals.

CHIP TIMING IS BEING USED - NO CHIP, NO PLACE OR TIME WILL BE RECORDED

MEDALS: will be awarded to the first 3 individuals in each age group and to the first 3 teams in each age group. Presentations as soon as possible after the races next to the Officials tent.

TEAM MANAGERS: should collect numbers from the officials tent near to the start/finish area.

TRAVEL: Please only use the Trent Park car park, off Cockfosters Road, near the Underground Station. Parking is limited so please share cars if possible. **There will be no parking at, or access to, Southgate Hockey Club.** We strongly recommend that you park in either the Cockfosters tube station car park (336 spaces - £3.00) or Oakwood tube car park (145 spaces - £5.00) and walk the final section to the park.

Refreshments and toilet facility adjacent to car park. No changing or shower facilities. Athletes should come to the event ready changed.