



## Middlesex AA Centenary Cross Country Championships

**Date:** Saturday January 21<sup>st</sup> 2023

**Venue:-** Parliament Hill, London NW4

**Start:** Eastern Side of Athletics Track

**Race HQ:** Parliament Hill Athletics Track Pavilion and CoL Event Caravan adjacent to the finish



**Registration:** Numbers and Pins will be available from the Café in the Athletics Track Pavilion for Team Managers and those runners who entered individually. Registration will be open from 10.00 am.

**Changing Facilities:** There are no dedicated changing rooms, so please arrive ready to run. The nearby Parliament Hill Lido has changing rooms and showers

**Toilets:** There are public toilets available close to the Bandstand/Tennis Courts as well as the Athletics Track

**Refreshments:** There is a café open to all close to the Bandstand. Refreshments for officials will be available in the Athletics Track Pavilion and Event Caravan

**Team Tents and Assembly Area:** Any Team Tents or meeting points should be on the area around the bandstand and not on the playing fields.

**Travel:** Where possible, please use public transport, walk or cycle. If travelling by car, please car share to reduce the impact and check for restrictions that may be in effect in the area (Ultra Low Emission Zone for example). Please also park with consideration of others, especially if using on-street parking. There is a public pay as you go car park accessed from East Heath Road approximately 10 minutes walk. There is parking for officials at Gospel Oak Primary School, Mansfield Road NW3 2JB.



**Public Transport:** Tufnell Park and Kentish Town Underground Stations (Northern Line) are both about 15-20 minutes walk to the start. Gospel Oak and Hampstead Heath Overground Stations are about 10-15 minutes walk. Parliament Hill is served by the No 88, 214 and C11 Bus Routes.

### **Timetable**

Please ensure all athletes are at the start at least 5 minutes before their race is due to start. Please plan to arrive early and listen for any announcements.

### **Race Timetable:**

11.10 am – U11 Boys – 1.5k  
11.20 am – U11 Girls – 1.5k  
11.30 am – U13 Boys – 3k  
11.35 am – U13 Girls – 3k  
11.55 pm – U15 Boys – 4k  
12.00 pm – U15 Girls – 4k  
12.25 pm – U17 Women – 6k  
12.25 pm – U20 Women – 6k  
12.55 pm – U17 Men – 6k  
12.55 pm – U20 Men – 6k  
1.00 pm – Senior Women – 8k  
1.45 pm – Senior Men – 12k

**Course details:** The start will be the same as the London XC Championships at the foot of the main Hill and finish in front of the Athletics Track. The course is an undulating heathland course with short woodland sections, parts are also likely to be muddy and suitable for spikes.

**Spectators:** Competitors and parents of competitors are reminded not to encroach on the course and to be mindful of runners on the course. Hampstead Heath will be open to the public and although the course is marshalled there may be walkers and dogs crossing the course.

**Race Results:** will be published as soon as possible after the race and a copy posted by the CoL Event Caravan and on line.

**Individual and Team Prizes:-** The first three winners in each race will receive medals with the winner also receiving a centenary winners t-shirt. The Team competition is three to score in all races except the Senior women where it is 4 and senior men which is 6 to score. In addition the Corlin cup will be presented to the first senior womens team that has not finished in the top three in the last three years and bronze medals to the first senior mens team outside the top three with the lowest average aggregate score of 12 finishers.

**Presentations:-** The County President Bill O'Connor will present the first three finishers with their medals in the finishing compound. The County Team Managers will also be giving out invitations to represent the County at the Inter-Counties Cross Country Championships. The Full Results will be available as soon as possible after the end of the race.

The team medals and cups will be presented at approximately 1.15pm for races starting before 12.00 pm and 3.15 pm for the remaining races but these may be subject to change. The presentations will be by the CoL Events Caravan.

**Safety:** Runners are not allowed to wear iPods/Walkman or similar when competing.



### **COVID/Flu Guidelines**

Although official restrictions have been lifted, there are still many people still suffering from the virus and flu this winter.

Please DO NOT TRAVEL to this event if you are showing any symptoms of COVID-19 as defined by the NHS or if you have had a positive test or are feeling unwell with flu.

COMPETITORS try to remain social distanced at all times whilst at the event, in particular when in the toilets or when queuing at the kiosk or café. Also try to keep your distance, as far as possible, at the start and finish.

SPECTATORS are encouraged to keep their distance from the competitors, especially when calling out encouragement.

All try to AVOID PHYSICAL CONTACT with runners, race officials, volunteers and spectators including high fives and hugs etc.

When using the toilets remember to WASH YOUR HANDS thoroughly.

You are also reminded to catch COUGHS AND SNEEZES and to avoid touching face, eyes, nose or mouth with unclean hands.

It is not practical to provide sanitising stations around the park, so DO NOT UNECESSARILY TOUCH OUTDOOR SURFACES, and perhaps bring some sanitiser to use after touching anything.

If you experience COVID-19 symptoms soon after the race, then please follow NHS guidance regarding testing and self-isolation, also please inform the Race Organiser.

### **UKA Rules**

The competition will be subject to UKA rules and regulations

### **UKA Anti-Doping Rules**

All entrants shall be deemed to have made him/herself familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry into the Metropolitan Cross Country League 2022/23, whether or not the entrant is a citizen of, or resident in, the UK.

### **Meeting Manager:-**

**Contact Name:-** Simon Baker, Championship Secretary, Middlesex AA

**Mobile:-** 07951887385

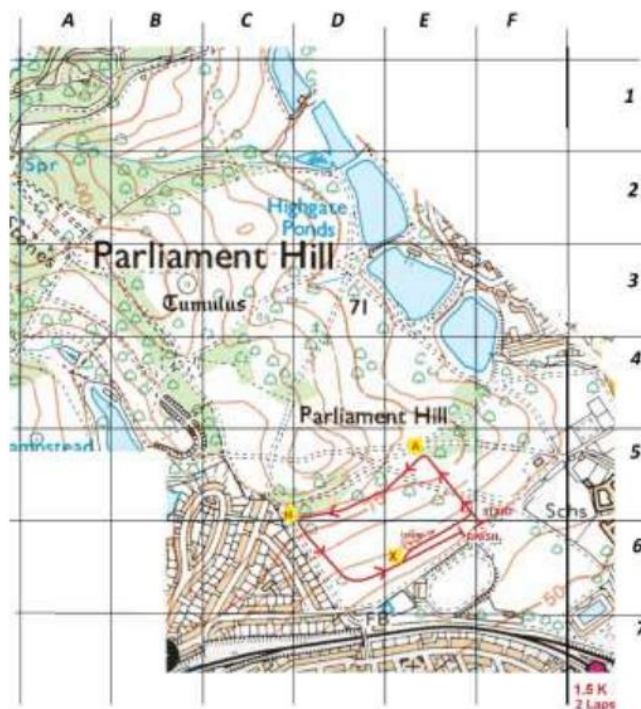
**Email:** [simonbaker76@gmail.com](mailto:simonbaker76@gmail.com)



**Course Details:-**

**U11 course:** 2 small laps total distance 1,500m.

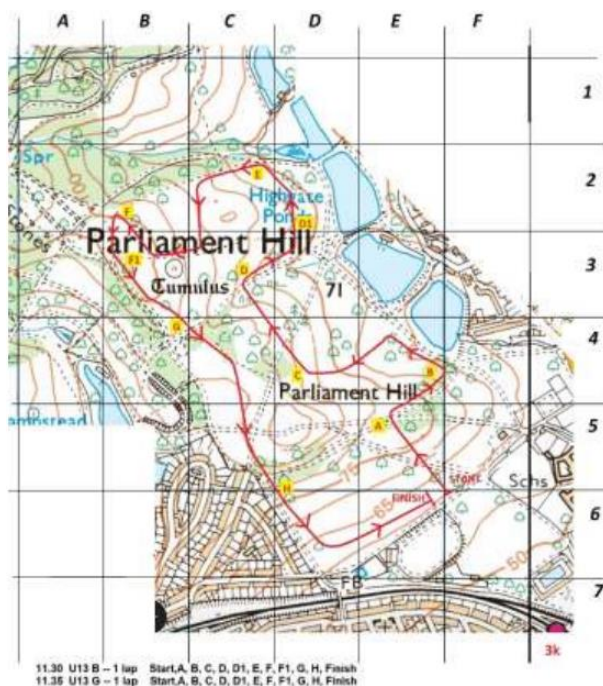
Start – A,H,X,A,H - Finish



11.10 U11 Boys 2 Laps Start A, H, X, A, H, Finish  
11.20 U11 Girls 2 Laps Start A, H, X, A, H, Finish  
NOTE Point X is Marshalled but does not have a letter Board

**U13 course:** - One large lap - 3,000m overall.

Start – A,B,C,D,D1,E,F,F1,G,H -Finish



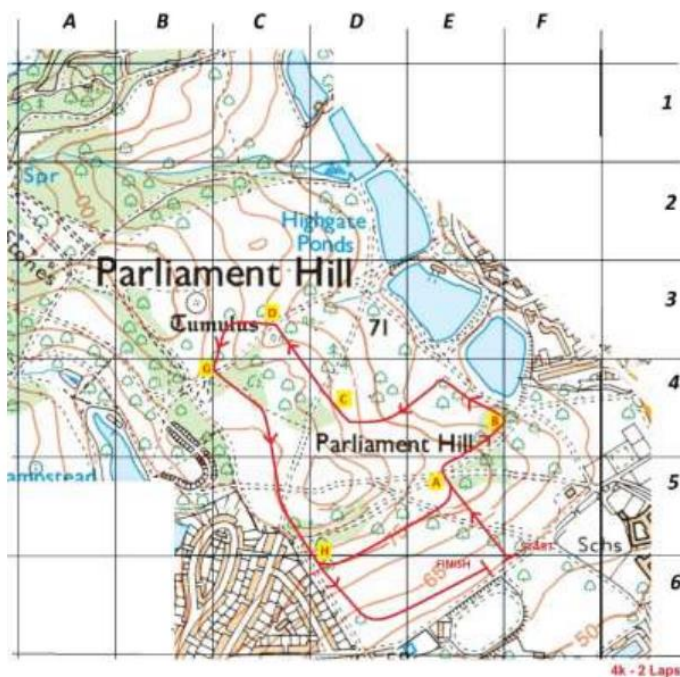
11.30 U13 B – 1 lap Start A, B, C, D, D1, E, F, F1, G, H, Finish  
11.35 U13 G – 1 lap Start A, B, C, D, D1, E, F, F1, G, H, Finish





**U15 course:-** 2 Medium laps - 4,000m overall.

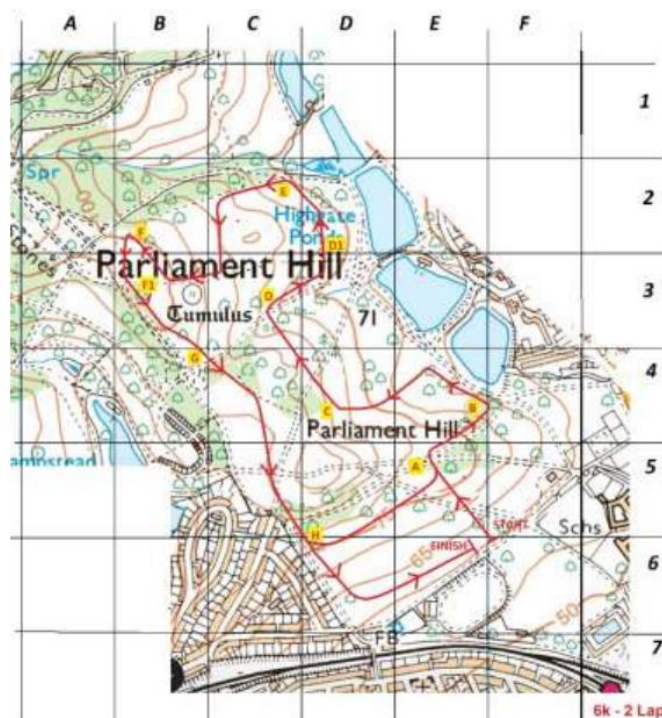
Start – A,B,C,D,G,H,A,B,C,D,G,H -Finish



11.55 U15 B 2 Laps Start A, B, C, D, G, H, A, B, C, D, G, H, Finish  
12.00 U15 G 2 Laps Start A, B, C, D, G, H, A, B, C, D, G, H, Finish

**U17/U20 Course –** Two Large Laps – 6,000m

Start – A,B,C,D,D1,E,F,F1,G,H, A,B,C,D,D1,E,F,F1,G,H



12.25 U17W - 2 Laps - Start, A, B, C, D, D1, E, F, F1, G, H, A, B, C, D, D1, E, F, F1, G, H, Finish  
12.25 U20W - 2 Laps - Start, A, B, C, D, D1, E, F, F1, G, H, A, B, C, D, D1, E, F, F1, G, H, Finish  
12.55 U17M - 2 Laps - Start, A, B, C, D, D1, E, F, F1, G, H, A, B, C, D, D1, E, F, F1, G, H, Finish  
12.25 U20M - 2 Laps - Start, A, B, C, D, D1, E, F, F1, G, H, A, B, C, D, D1, E, F, F1, G, H, Finish



**Senior Women:** One Medium Lap and two large laps – 8,000m

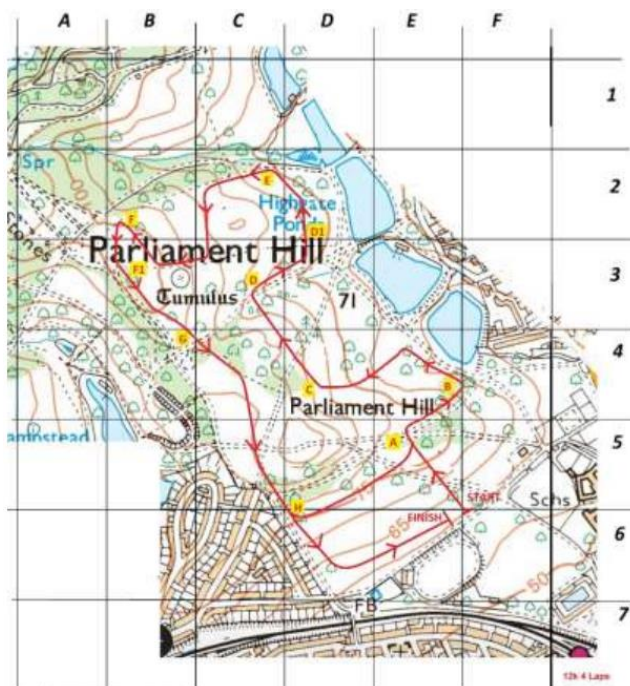
Start – A,B,C,D,G,H,A,B,C,D,D1,E,F,F1,G,H,A,B,C,D,D1,E,F,F1,G,H - Finish



1.00pm Senior Women 1 short Lap and 2 Long Laps  
Start, A, B, C, D, G, H, A, B, C, D, D1, E, F, F1, G, H, A, B, C, D, D1, E, F, F1, G, H, Finish

**Senior Men:-** 4 Large Laps – 12,000m

Start – A,B,C,D,D1,E,F,F1,G,H,A,B,C,D,D1,E,F,F1,G,H,A,B,C,D,E,F,F1,G,H,A,B,C,D,D1,E,F,F1,G,H - Finish



1.45pm Senior Men 4 Laps  
Start A, B, C, D, D1, E, F, F1, G, H,  
A, B, C, D, D1, E, F, F1, G, H,  
A, B, C, D, D1, E, F, F1, G, H,  
A, B, C, D, D1, E, F, F1, G, H, Finish



MIDDLESEX  
COUNTY ATHLETICS



## CROSS-COUNTRY LICENCE ENGLAND ATHLETICS

### THIS IS TO CERTIFY THAT

LICENCE NUMBER:	CC2022/0566	DATE OF ISSUE:	28/11/2022
VALID UNTIL:	21/01/2023	Number of Dates:	1
Promoted By:	Middlesex County AA		
Event:	Middlesex County AA Centenary CC Championships		

#### COMPETITION DETAILS 1 - 1 (1 Event Dates)

EVENT DATE:	21/01/2023	DIVISION:	
VENUE:	Parliament Hill Fields, London		
HOST CLUB:			

IS AUTHORISED TO BE HELD UNDER UKA RULES AND THE EVENT PROMOTER HAS AGREED TO  
ABIDE BY ENGLAND ATHLETICS RETURN TO COMPETITION GUIDANCE.

Chris Jones  
Chief Executive Officer

