



MASTERS CROSS COUNTRY CHAMPIONSHIPS 2023

(under UKA rules)

In partnership with Hertfordshire County Athletic Association
AT CASSIOBURY PARK, WATFORD, WD18 7HY
SUNDAY, 26 MARCH starting at 11.00am

Entries close on 20 March 2023

ENTRY FEE: £8.00 per runner (no team fee). All entries are to be made online to RacesOnline at <https://my.raceresult.com/231981>

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 pm	Men over 60 and all Women	Distance c.7000m metres

RULES: No competitor may be entered in more than one County's championships. Qualification is by birth, residence or have previously competed in Middx Champs or represented Middx and not done so in or for another County since. Only Middlesex affiliated clubs will be eligible for team medals.

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

TEAM MANAGERS: Should collect numbers from the officials tent near to the start/finish area. No changing or shower facilities. Athletes should come to the event ready changed.

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.

TRAVEL: Cassiobury Park is a short walk from Watford Metropolitan Line tube station. It is also within walking distance of Watford Junction station (mainline / Overground). Street parking is available, especially on the Hempstead Road side of the park. Also in town centre car parks and Watford Tube Station car park.

MARSHALS: clubs taking part are asked to provide at least one member to act as a course marshal. Please nominate them on your entry form in the space provided.

CONTACT: Simon Baker 07951 887385 simonbaker76@gmail.com

Terms and conditions:

*I hereby declare that I am eligible to compete in the County Championship as indicated above
All entrants shall be deemed to have made him/herself/themselves 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], whether or not the entrant is a citizen of, or resident in, the UK*