

MIDDLESEX COUNTY ATHLETIC ASSOCIATION

CROSS COUNTRY CHAMPIONSHIPS 2024

(under UKA rules)

AT HORSENDEN HILLS, GREENFORD, UB6 0NZ

SATURDAY, 6 JANUARY starting at 11.00am

ENTRY FEE:- Seniors £8.00 and Young Athletes (U20 and below) £6.00 per runner

Entries close on Friday 29th December 2023 direct to the county by Club Team Managers Google Sheet (Links to be provided later) individuals or schools can enter direct (details to be supplied later)

Race HQ: Tri Chonaill Gaels, The Pavilion, Berkeley Avenue, Greenford UB6 0NZ



REGISTRATION: Numbers and Pins will be available from the 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.

TOILETS: There will be temporary toilets available close to the start/finish.

REFRESHMENTS: It is hoped the Pavilion may be open for refreshments

TEAM TENTS AND ASSEMBLY AREA: Any Team Tents or meeting points should be on the area in front of the car park. Please be aware the ground can become very muddy.

TRAVEL: Where possible, please use public transport, walk or cycle. Greenford (Central) and Sudbury Hill (Piccadilly) Underground Stations are around a 20 minute walk.

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 are parking restrictions in the Westway Cross Retail Park.

TIMETABLE (with approximate distance)

11.10 am Under 11 Boys Race 1,500 Metres (approx.)

One Small Blue Lap

Competitors must be over 9 on the day of the race but under 11 by 31st Aug 2023

11.20 am Under 11 Girls Race 1,500 Metres (approx.)

One Small Blue Lap

Competitors must be over 9 on the day of the race but under 11 by 31st Aug 2023

11.30 am Under 13 Boys Race 3,000 Metres (approx.)

One Large Red lap

Competitors must be over 11 but under 13 by 31st Aug 2023

11.35 am Under 13 Girls Race 3,000 Metres (approx.)

One Large Red lap

Competitors must be over 11 but under 13 by 31st Aug 2023

11.55 am Under 15 Boys Race 4,000 Metres (approx.)

Two Medium Yellow Laps

Competitors must be over 13, but under 15 by 31st Aug 2023

12.00 pm Under 15 Girls Race 4,000 Metres (approx.)

Two Medium Yellow Laps

Competitors must be over 13, but under 15 by 31st Aug 2023

12.25 pm Under 17 Women's Race 6,000 Metres (approx.)

Two Large Red Laps

Competitors must be over 15, but under 17 by 31st Aug 2023

12.25 pm Under 20 Women's Race 6,000 Metres (approx.)

Two Large Red Laps

Competitors must be over 17, but under 20 by 31st Aug 2023

12 55 pm Under 17 Men's Race 6,000 Metres (approx.)

Two Large Red Laps

Competitors must be over 15, but under 17 by 31st Aug 2023

12.55 pm Under 20 Men's Race 6,000 Metres (approx.)

Two Large Red Laps

Competitors must be over 17, but under 20 by 31st Aug 2023

1.00 pm Senior Women's Race 8,000 Metres (approx.)

One Medium Yellow Lap and 2 Large Red laps

Competitors must be at least 20 years of age on 31st Aug 2023

First 4 runners to score. 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.

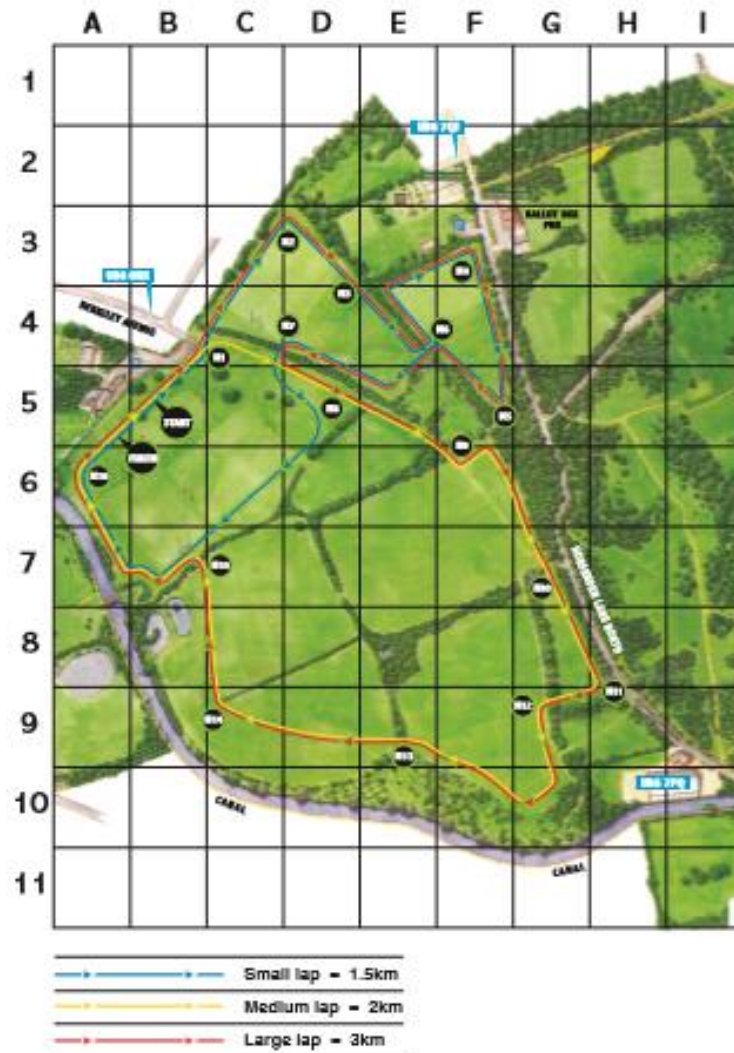
1.45 pm Senior Men's Race 12,000 Metres (approx.)

4 Large Red laps

Competitors must be at least 20 years of age on 31st Aug 2023

First 6 runners to score. 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.

For all races other than the Seniors the Team Competition shall be first 3 runners to score.



RULES: Qualification to take part is either by birth, 9 months continuous residence or having competed for Middlesex or in a Middlesex Championship in the last year. No competitor may be entered in more than one County's Championships or have competed in another County's Championships in the previous 12 months. Only Middlesex affiliated clubs will be eligible for team medals.

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

MEDALS: will be awarded to the first 3 individuals in each age group and to the first 3 teams in each age group. Presentations will be for U11, U13 and U15 at 12.20 pm and the remainder as soon as possible after the completion of the Senior Mens race. In the covered area next to the pavilion.

OFFICIALS: Details of any parking for officials will be circulated later.

MEETING PROGRAMME:- A downloadable program will be available before the meeting

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.*