

MIDDLESEX COUNTY ATHLETIC ASSOCIATION

President: JOHN HUSBANDS, Thames Valley Harriers

CROSS COUNTRY CHAMPIONSHIPS

(Under UKA Rules: permit issued)



PERIVALE (HORSENDEN HILL),

Berkeley Avenue, Greenford, Middlesex, UB6 0NZ

SATURDAY 6 JANUARY 2024

FIRST RACE STARTS AT 11:10PM

INTRODUCTION FROM JOHN HUSBANDS

As President of Middlesex County Athletics Association I would like to welcome to the 2024 Middlesex County Cross Country Championships. After organising the centenary championships last year at Parliament Hill we return to Greenford and the Horsenden Hill course and are very grateful to Ealing, Southall and Middlesex AC for hosting the event for the fourth time in the last six county championships.

This year we have replaced some of the age group team and individual trophies as a few have gone missing so we should now have the full set to award to the winning athletes and teams.

My year as the Middlesex County President finishes next month and I have been very fortunate to witness so many great performances from athletes across all the age groups and events that we organise and wish all athletes an enjoyable year in 2024, especially those who are selected to represent Middlesex County.




I would like to thank all of the very dedicated Middlesex officials, helpers and team managers, without whom our county events could not take place. Sadly, the funeral of Roy Stratton, one of our best known former Presidents and event organisers, took place the day before these championships. We will greatly miss Roy and his incredible input, knowledge and dedication to the county and will celebrate his life and achievements at this and future county events.

John Husbands

President, Middlesex County Athletics Association

COURSE MAP



-  Small lap = 1.5km
-  Medium lap = 2km
-  Large lap = 3km

- U11 BOYS & U11 GIRLS (1.5km) **ONE SMALL LAP**
- U13 BOYS & U13 GIRLS (3km) **ONE LARGE LAP ***
- U15 BOYS & U15 GIRLS (4km) **TWO MEDIUM LAPS**
- U17 MEN & U17 WOMEN (6km) **TWO LARGE LAPS**
- U20 MEN & U20 WOMEN (6km) **TWO LARGE LAPS**
- SENIOR WOMEN (8km) **ONE MEDIUM LAP PLUS 2 LARGE LAPS**
- SENIOR MEN (12km) **FOUR LARGE LAPS**

* (Note:- Depending on Ground Conditions on the day may be run as **Two Small Laps**)