



**MIDDLESEX COUNTY CROSS-COUNTRY CHAMPIONSHIPS 2025**  
**In conjunction with Hertfordshire Cross Country Championships**  
(under UKA rules – licence number CC2024/1239)

AT TRENT PARK COCKFOSTERS, EN4 0JZ

**SATURDAY, 4 JANUARY starting at 11.00am**

**Entry Fee:** all age groups - £9 per entrant

Entries close on Friday, 27 December 2024 via [RacesOnline](#).

Club teams, individuals and schools should all enter using the RacesOnline Portal.

**Race HQ:** Will be at the western end of Limes Avenue in Trent Park.

**Registration:** the races will be chip timed. Numbers, disposable chips and pins will be available from the registration area for Team Managers and those runners who entered individually. Registration will open from 10.00am.

**Changing Facilities:** There are no changing rooms, so please arrive ready to run.

**Public Toilets:** are located close to the main Cockfosters Road car park.

**Refreshments:** it is hoped that the cafe will be open for refreshments.

**Team Tents and Assembly Area:** Team Tents and meeting points should be along the Limes Avenue footpath, in the area beyond Go Ape. Please be aware that the ground can become very muddy.

**Travel:** Parking is available within Trent Park via the main entrance on Cockfosters Road, but will be limited. Given the proximity of Trent Park to Cockfosters and Oakwood underground stations (Piccadilly Line), use of public transport is strongly recommended. Both are a 10-15 minute walk from the start of the Course.

If you intend to drive, please car-share as much as possible.

**There is NO parking available at Southgate Hockey Club. You must not attempt to park there.**

Cockfosters tube station car park has 311 spaces, cost £8, and Oakwood tube has 114 spaces, cost £8. There may be street parking on Mount Pleasant and roads off this (EN3 9HQ. This is about 10-minutes walk from Trent Park. Please be aware that Spurs will be playing at home with a 12.30pm kick-off.

**Start / Finish:** will be at the western end of Limes Avenue, close to Go Ape.



## TIMETABLE (with approximate distances)

- 11.00 Under 11 Boys Race - 1,500 Metres  
Competitors must be over 9 on the day of the race but under 11 by 31<sup>st</sup> Aug/1<sup>st</sup> Sep 2024
- 11.05 Under 11 Girls Race - 1,500 Metres  
Competitors must be over 9 on the day of the race but under 11 by 31<sup>st</sup> Aug/1<sup>st</sup> Sep 2024
- 11.15 Under 13 Boys Race – 3,000 Metres  
Competitors must be over 11 but under 13 by 31<sup>st</sup> Aug/1<sup>st</sup> Sep 2024
- 11.20 Under 13 Girls Race – 3,000 Metres  
Competitors must be over 11 but under 13 by 31<sup>st</sup> Aug/1<sup>st</sup> Sep 2024
- 11.40 Under 15 Boys Race – 4,000 Metres  
Competitors must be over 13, but under 15 by 31<sup>st</sup> Aug/1<sup>st</sup> Sep 2024
- 11:42 Under 15 Girls Race – 4,000 Metres  
Competitors must be over 13, but under 15 by 31<sup>st</sup> Aug/1<sup>st</sup> Sep 2024
- 12.00 Under 17 Women’s Race – 6,000 Metres  
Competitors must be over 15, but under 17 by 31<sup>st</sup> Aug/1<sup>st</sup> Sep 2024
- 12.00 Under 20 Women’s Race – 6,000 Metres  
Competitors must be over 17, but under 20 by 31<sup>st</sup> Aug/1<sup>st</sup> Sep 2024
- 12.05 Under 17 Men’s Race – 6,000 Metres  
Competitors must be over 15, but under 17 by 31<sup>st</sup> Aug/1<sup>st</sup> Sep 2024
- 12.40 Under 20 Men’s Race – 8,000 Metres  
Competitors must be over 17, but under 20 by 31<sup>st</sup> Aug/1<sup>st</sup> Sep 2024
- 12.40 Senior Women’s Race – 8,000 Metres  
Competitors must be at least 20 years of age on 31<sup>st</sup> Aug 2024  
First 4 runners to score.
- Middlesex only** - 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.
- 13.30 Senior Men’s Race – 11,750 Metres  
Competitors must be at least 20 years of age on 31<sup>st</sup> Aug 2024  
First 6 runners to score.

**Middlesex only** - 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 the first 3 runners to score.

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

**Team Managers:** Should collect numbers from the officials tent, near the start / finish.

**Course Marshals:** These officials are vital for the successful staging of the Championships. We require that each club entering the event provides one course marshal, name to be notified to the entry website.

**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 made as soon as possible after each race.

**Meeting Programme:** A downloadable programme will be available from the Races on line website prior to the event.

**Terms and Conditions:** *all entrants hereby declare that they are able to compete in the County Championships as indicated above and will abide by the UK Athletics anti-doping policy as outlined below.*

**UK Athletics Anti-Doping statement** - WADA (World Anti-Doping Authority) has requested use of the following wording of the agreement to be signed by athletes/parents:

*All participants (including athletes and athlete support personnel) in any licensed event are bound to UK Athletics' anti-doping rules and must make themselves familiar with these rules. Organisers of licensed events are expected to cooperate with UK Anti-Doping with regards to any code-compliant anti-doping investigations and proceedings linked to their event or participants in their event, and to include the following statement regarding anti-doping compliance, provided by UKAD, within their event registration process:*

*"An entrant shall be deemed to have made himself/herself/themself, 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 entering the event, whether or not the participant is a citizen of, or resident in, the UK."*