

MIDDLESEX COUNTY A.A. CROSS-COUNTRY CHAMPIONSHIPS 2025

(under UKA rules – licence number CC25/1700)

At Hillingdon House Farm, Gating Way, Uxbridge, UB8 1ES

Saturday, 13 December 2025, starting at 11.10am

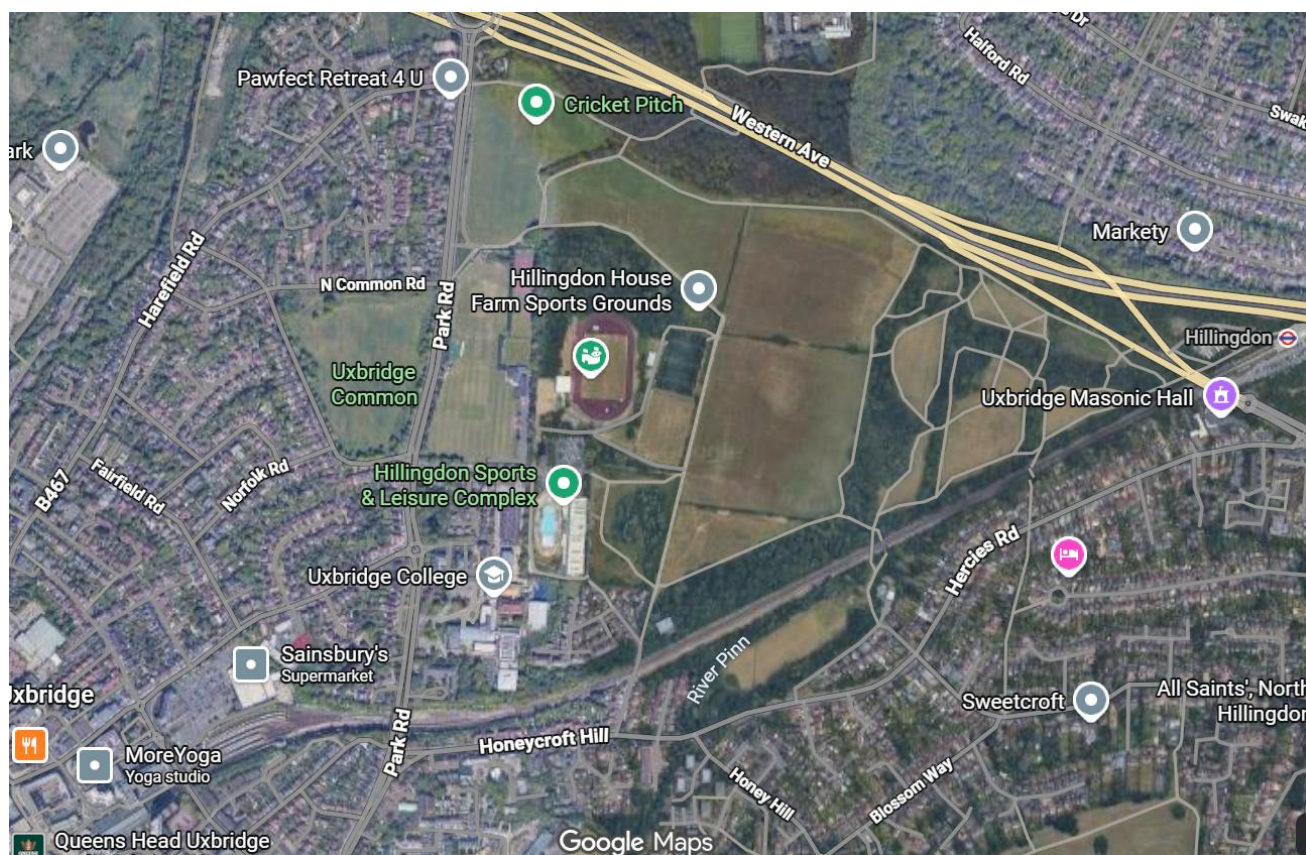
Entry Fee: all age groups - **£10** per entrant

Entries close on **Friday, 5 December 2025** via RacesOnline at <https://my.raceresult.com/365746/>

Club teams, individuals and schools should all enter using this portal.

Race HQ and 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 enter individually. Registration will open from 10.00am. Number collection will be from the Middlesex AA gazebo close to the finish.

Toilets and Changing Rooms will be available at the Hillingdon Athletics Track. There will be **no** toilets at start and finish of the course.



Team Managers: should collect numbers from the Middlesex gazebo near the finish. Club Tents should be set up along the western boundary of the start/finish field.

Athletes: Please do not warm-up on the football pitches that are close to the finish.

Course: The river crossing will not be used in any of the races. Course Maps will be made available closer to race day.



TIMETABLE (with approximate distances)

11.10 a.m. Under 11 Boys 2,000 Metres

Competitors must be over 9 on the day of the race, but under 11 by 31st Aug/1st Sep 2025

11.20 a.m. Under 11 Girls 2,000 Metres

Competitors must be over 9 on the day of the race, but under 11 by 31st Aug/1st Sep 2025

11.30 a.m. Under 13 Boys Race 3,000 Metres

Competitors must be over 11, but under 13 by 31st Aug/1st Sep 2025

11.35 a.m. Under 13 Girls Race 3,000 Metres

Competitors must be over 11, but under 13 by 31st Aug/1st Sep 2025

11.50 a.m. Under 15 Boys Race 4,000 Metres

Competitors must be over 13, but under 15 by 31st Aug/1st Sep 2025

12.00 a.m. Under 15 Girls Race 4,000 Metres

Competitors must be over 13, but under 15 by 31st Aug/1st Sep 2025

12.25 p.m. Under 17 Men's Race 6,000 Metres

Competitors must be over 15, but under 17 by 31st Aug/1st Sep 2025

12.25 p.m. Under 20 Men's Race 6,000 Metres

Competitors must be over 17, but under 20 by 31st Aug/1st Sep 2025

12 35 p.m. Under 17 Women's Race 6,000 Metres

Competitors must be over 15, but under 17 by 31st Aug/1st Sep 2025

12.35p.m. Under 20 Women's Race 6,000 Metres

Competitors must be over 17, but under 20 by 31st Aug/1st Sep 2025

1.00 p.m. Senior Women's Race 8,000 Metres

Competitors must be at least 20 years of age on 31st Aug 2025

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 p.m. Senior Men's Race 12,000 Metres

Competitors must be at least 20 years of age on 31st Aug 2025

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 the first 3 runners to score.

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.

Rules: Qualification to take part is either by birth, 9 months continuous residence or having competed for Middlesex or in a Middlesex County Championship 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 Middlesex clubs will be eligible for team medals.

Directions to the venue: The course is on land behind Hillingdon Athletics Stadium, Gatting Way, Uxbridge, UB8 1ES. Please travel by public transport, if possible.



Car Parking: no parking will be available at either Hillingdon Sports and Leisure Centre or Uxbridge College. If you are driving, please park in one of the town centre car parks. These include The Chimes (c.1500 spaces) and The Pavilions, where there are two car parks, Cedars and Grainges (c.1000 spaces). There is only limited street parking in the area and we recommend use of Public Transport to get to the venue.

Public transport: the nearest underground station is Uxbridge (Met and Piccadilly lines). Then take a U2 bus (towards Brunel University) or a 15-minute walk from the town centre and station or Hillingdon (Met and Piccadilly lines) and access the eastern side of Hillingdon House Farm sports ground.

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 with the name to be notified to the entry website. Food and drink will be provided for all Marshals on the day.

Meeting Programme: a downloadable programme will be available from the RacesOnline 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/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 entering the event, whether or not the participant is a citizen of, or resident in, the UK."