

MIDDLESEX COUNTY ATHLETIC ASSOCIATION

MASTERS CROSS COUNTRY CHAMPIONSHIPS 2026 (under UKA rules)

In partnership with Hertfordshire County Athletic Association

RACE VENUE CASSIOBURY PARK, WATFORD, WD18 7HY

SATURDAY, 14th MARCH starting at 1.00 p.m.

Entries close on Saturday 7th March 2026

ENTRY FEE £9.00 per runner (no team fee). All entries are to be made online to [RacesOnline](#)

TEAMS

Masters Men 40-49	4 to score	Masters Women 40 to 49	4 to score
Masters Men 50-59	4 to score	Masters Women 50 to 59	4 to score
Masters Men 60 plus	3 to score	Masters Women 60 plus	3 to score

AGE GROUPS: individual age groups will be in the following categories: 40-49, 50-59, 60-69 & 70+. 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)

1.00 p.m	Men 40-49 and Men 50-59	Distance c.9600 metres apx
2.00 pm	Men over 60 and all Women	Distance c.7000 metres apx

RULES: no competitor may be entered in more than one County's championships. Qualification is by birth, residence or having competed for Middlesex last year. 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.
Portaloo toilet facilities will be available.

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 on the Hempstead Road side of the park. Cassiobury Park Ave. or side roads. Car sharing is advised.

MARSHALS: clubs taking part are **required** to provide at least one member to act as a course marshal. Please nominate with contact details on the online registration page.