



## Hertfordshire, Kent and Middlesex Indoor Championships

Lee Valley Athletics Centre – Sat 21<sup>st</sup> – Sun 22<sup>nd</sup> March 2026

Notes for Competing Athletes – Please read carefully – It concerns you!

**Athletes should report to Athlete Registration at least one hour before their event (75 minutes for Pole Vault),** the registration room is to the right of the entrance to Lee Valley.

Numbers should be worn front and back as issued, except for the High Jump, Long Jump, Triple Jump and Pole Vault. Please bring your own pins.

Club or representative vests must be worn, or clothing acceptable under UKA rule TR5 S1.

Athletes who have entered more than one track event must ensure that they confirm their intention to compete in each event to Athlete Registration at least one hour before each of their events. This is most important for seeding purposes.

If you are competing on both days you must keep your number and report again to Registration on Sunday.

If you need to withdraw after qualifying for a 2nd round or final, you must inform the referee for that event and you then will NOT be able to compete again during these championships as per UKA rule 4.4.2.

All athletes must report to the call room area at the northern (cinema) end of the track as indicated on the call room schedules displayed in the registration room. Field event athletes will be escorted to their event by an Event Official.

All athletes in the Long Jump, Triple Jump and Shot may have 4 attempts.

Take off boards : SM 11/13, U20M 9/11, SW U20W U17M U17W U15W U15B 7/9.

*Spikes - Lee Valley Athletics Centre advise that ; For optimum performance we recommend compression spikes are used for the indoor athletics track. Pyramid spikes are now allowed. The max length for all spikes used must be 6mm.*

If insufficient athletes report in Track events, the finals will go at the scheduled heat times; similarly, if semi-finals are scheduled but not required the final will go at the semi-final time.

Stadium starting blocks only may be used.

Disability athletes will be issued a block setting card in the Call Room to enable the marksmen to set their blocks, if requested.

There will be no warming up on the circular track. All athletes may warm up on the sprint straight upstairs or on the Outdoor track. No spectators will be permitted on the circular track.

Medals will be presented to athletes as soon as possible after each event. Potential medallists should report to the presentation area immediately after their event. This area will be situated next to the Announcers table. Track medal presentations will only take place after the Track Referee and Photofinish have agreed and published the results. Field event medallist will be escorted to presentation from their event.

Ample car parking is available free of charge at the stadium.

There is NO public catering available, except for drinks/snacks machines. There may be some catering available at the nearby Cinema Complex.

Travel - the stadium address is 61 Meridian Way London N9 0AR

Results – there will be QR codes posted with link to results.

Middlesex AA Championships contact:-

John Husbands tel: 07951 927724 email: [husbandsj08@gmail.com](mailto:husbandsj08@gmail.com)

There is no need to contact me on the day if advising unable to attend (and I am working as a track judge on the Saturday), all start lists will be finalised one hour before the event.

Please note that we are now unable to issue refunds for entry fees at this stage after entries have closed.

Terms and conditions:

As a competitor you declare that you are eligible to compete in the County Championship as indicated in the online entry; 9 months continuous residence in the Middlesex County area or born in the Middlesex County area or continually competed in Middlesex County events or for Middlesex County.

All entrants shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti[1]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.

**TIMETABLE** below, has all events listed for the three counties (Middlesex, Kent and Herts) all of those involving Middlesex are in bold. Some events have heats and finals, other are straight finals depending on the number of entries. Some events with few entries have combined races with athletes from 2 or 3 of the counties racing together. The number of athletes entered and number of scheduled heats are listed in the final column.

## TIMETABLE

Saturday Timetable - Track			number of competitors
10:00	T1	U15G 60 Metres Hurdles - Herts - Final	5
10:03	T2	U15G 60 Metres Hurdles - Kent - Final	7
<b>10:06</b>	<b>T3</b>	<b>U15G 60 Metres Hurdles - Middx - Final</b>	<b>5</b>
10:13	T4	U17W 60 Metres Hurdles - Herts - Final	5
10:16	T5	U17W 60 Metres Hurdles - Kent - Heats	13 (2H)
<b>10:22</b>	<b>T6</b>	<b>U17W 60 Metres Hurdles - Middx - Final</b>	<b>7</b>
10:29	T7	U15B 60 Metres Hurdles - Herts - Final	4
10:32	T8	U15B 60 Metres Hurdles - Kent - Final	7
<b>10:39</b>	<b>T9</b>	<b>SM 60 Metres Hurdles - Middx/Kent - Final</b>	<b>4/1</b>
10:46	T10	U20M 60 Metres Hurdles - Herts/Kent - Final	3/3
<b>10:49</b>	<b>T11</b>	<b>U20M 60 Metres Hurdles - Middx - Final</b>	<b>4</b>
10:56	T12	U17M 60 Metres Hurdles - Kent - Final	4
<b>10:59</b>	<b>T13</b>	<b>U17M 60 Metres Hurdles - Herts/Middx - Final</b>	<b>3/2</b>
<b>11:05</b>	<b>T14</b>	<b>U20W 60 Metres Hurdles - Kent/Middx</b>	<b>3/1</b>
11:08	T15	SW/U20W 60 Metres Hurdles - Herts - Final	1/3
11:15	T16	U17W 60 Metres Hurdles - Kent - Final	
11:22	T17	U15G 200 Metres - Kent - Heats	20 (4H)
11:34	T18	U15G 200 Metres - Herts - Heats	10 (2H)
<b>11:40</b>	<b>T19</b>	<b>U15G 200 Metres - Middx - Heats</b>	<b>10 (2H)</b>
11:46	T20	U17W 200 Metres - Herts - Final	6
<b>11:49</b>	<b>T21</b>	<b>U17W 200 Metres - Middx - Heats</b>	<b>16 (3H)</b>
11:58	T22	U17W 200 Metres - Kent - Heats	21 (4H)
<b>12:10</b>	<b>T23</b>	<b>U20W 200 Metres - Middx - Heats</b>	<b>9 (2H)</b>
12:16	T24	U20W 200 Metres - Kent - Final	6
12:19	T25	SW/U20W 200 Metres - Herts - Final	1/3
<b>12:22</b>	<b>T26</b>	<b>SW 200 Metres - Middx - Heats</b>	<b>9 (2H)</b>
12:28	T27	SW 200 Metres - Kent - Heats	10 (2H)
12:34	T28	U15B 200 Metres - Herts - Heats	9 (2H)
12:40	T29	U15B 200 Metres - Kent - Heats	20 (4H)
<b>12:52</b>	<b>T30</b>	<b>U15B 200 Metres - Middx - Heats</b>	<b>9(2H)</b>
12:58	T31	U17M 200 Metres - Herts - Heats	10 (2H)
13:04	T32	U17M 200 Metres - Kent - Heats	22 (4H)
<b>13:16</b>	<b>T33</b>	<b>U17M 200 Metres - Middx - Heats</b>	<b>19 (4H)</b>
13:28	T34	SM/U20M 200 Metres - Herts- Final	3/2
13:31	T35	U20M 200 Metres - Kent - Heats	11 (2H)
<b>13:37</b>	<b>T36</b>	<b>U20M 200 Metres - Middx - Heats</b>	<b>19 (4H)</b>
13:49	T37	SM 200 Metres - Kent - Heats	9 (2H)
<b>13:55</b>	<b>T38</b>	<b>SM 200 Metres - Middx - Heats</b>	<b>15 (3H)</b>
14:04	T39	U15G 200 Metres - Kent - Semi Finals	2sf
14:10	T40	U17W 200 Metres - Kent - Semi Finals	2sf

14:16	T41	<b>U20W 200 Metres - Middx - Final</b>	
14:19	T42	<b>SW 200 Metres - Middx - Final</b>	
14:22	T43	SW 200 Metres - Kent - Final	
14:25	T44	U15B 200 Metres - Kent - Semi Finals	2sf
14:31	T45	<b>U15B 200 Metres - Middx - Final</b>	
14:34	T46	U15B 200 Metres - Herts - Final	
14:37	T47	<b>U17M 200 Metres - Middx - Semi Finals</b>	2sf
14:43	T48	U17M 200 Metres - Kent - Semi Finals	2sf
14:49	T49	U17M 200 Metres - Herts - Final	
14:52	T50	U20M 200 Metres - Kent - Final	
14:55	T51	<b>U20M 200 Metres - Middx - Semi Finals</b>	2sf
15:01	T52	SM 200 Metres - Kent - Final	
15:04	T53	<b>SM 200 Metres - Middx - Final</b>	
15:07	T54	<b>U20M 200 Metres - Middx - Final</b>	
15:12	T55	<b>U17M 200 Metres - Middx - Final</b>	
15:21	T56	<b>U15G 200 Metres - Middx - Final</b>	
15:46	T57	U15G 200 Metres - Kent - Final	
15:49	T58	U15G 200 Metres - Herts - Final	
15:52	T59	U15B 200 Metres - Kent - Final	
15:55	T60	<b>U17W 200 Metres - Middx - Final</b>	
15:58	T61	U17W 200 Metres - Kent - Final	
16:01	T62	U17M 800 Metres - Kent - Heats	16 (3H)
16:10	T63	SM 800 Metres - Kent - Heats	11 (2H)
16:16	T64	2K/3k Walk - All	3/5
16:31	T65	U15G/U17W 800 Metres - Kent - Final	3/1
16:34	T66	<b>U15G 800 Metres - Middx - Final</b>	6
16:37	T67	U15G/U17W 800 Metres - Herts - Final	4/3
16:40	T68	<b>U17W 800 Metres - Middx - Final</b>	6
16:43	T69	U15B 800 Metres - Herts - Final	6
16:46	T70	U15B 800 Metres - Kent - Final	8
16:49	T71	<b>U15B 800 Metres - Middx - Final</b>	9
16:52	T72	<b>U17M 800 Metres - Middx - Final</b>	8
16:55	T73	U17M 800 Metres - Herts - Final	3
16:58	T74	<b>U20M 800 Metres - Herts/Kent/Middx - Final</b>	2 (H)/3(K)/1(M)
17:01	T75	<b>SM 800 Metres - Middx - Final</b>	5
17:04	T76	SM 800 Metres - Herts - Final	4
17:07	T77	<b>SW/U20W 800 Metres - Herts/Middx/Kent - Final</b>	0/1/2 3/0/1
17:08	T78	U17M 800 Metres - Kent - Final	
17:11	T79	SM 800 Metres - Kent - Final	

### Saturday Timetable - Field

10:00	F1	U20M/SM Shot - All	13
10:00	F2	U17M Long Jump - All - North pit	15
11:10	F3	U17W/U15G Pole Vault - All	8
11:30	F4	U15B Long Jump - All - North pit	9
11:30	F5	U17M Shot - All	9
13:00	F7	SM/U20M High Jump - All - Bed 1	6
13:00	F8	U17W High Jump - Bed 2	10
13:10	F9	U15B Shot - All	8
13:20	F6	SW/U20W Pole Vault - All	9
13:20	F11	SW/U20W Triple Jump - All - North pit	8
14:10	F10	U20M Long Jump - All - South pit	8
15:20	F12	SM Long Jump - All - South pit	13
15:30	F13	SW/U20W High Jump - Bed 1	6
15:30	F14	U15G High Jump - Bed 2	7
16:00	F15	U17W/U15G Triple Jump - All - North pit	13

### Sunday Timetable - Track

10:00	T80	U15G 60 Metres - Herts - Final	7
10:03	T81	U15G 60 Metres - Kent - Heats	23 (3H)
10:12	T82	<b>U15G 60 Metres - Middx - Heats</b>	<b>25 (4H)</b>
10:24	T83	U17W 60 Metres - Herts - Heats	11 (2H)
10:30	T84	U17W 60 Metres - Kent - Heats	30 (4H)
10:42	T85	<b>U17W 60 Metres - Middx - Heats</b>	<b>30 (4H)</b>
10:54	T86	U20W 60 Metres - Kent - Heats	10 (2H)
11:00	T87	SW/U20W 60 Metres - Herts/Kent - Final	1H/4K; 2H
11:03	T88	<b>U20W 60 Metres - Middx - Heats</b>	<b>18 (3H)</b>
11:09	T89	<b>SW 60 Metres - Middx - Heats</b>	<b>15 (2H)</b>
11:15	T90	U15B 60 Metres - Herts - Heats	10 (2H)
11:21	T91	U15B 60 Metres - Kent - Heats	17 (3H)
11:30	T92	<b>U15B 60 Metres - Middx - Heats</b>	<b>15 (2H)</b>
11:36	T93	U17M 60 Metres - Herts - Heats	12 (2H)
11:42	T94	U17M 60 Metres - Kent - Heats	22 (3H)
11:51	T95	<b>U17M 60 Metres - Middx - Heats</b>	<b>24 (3H)</b>
12:00	T96	U20M 60 Metres - Herts- Final	3
12:03	T97	SM 60 Metres - Herts- Final	8
12:06	T98	U20M 60 Metres - Kent - Heats	13 (2H)
12:12	T99	<b>U20M 60 Metres - Middx - Heats</b>	<b>33 (4H)</b>
12:24	T100	SM 60 Metres - Kent - Heats	21 (3H)
12:33	T101	<b>SM 60 Metres - Middx - Heats</b>	<b>45 (6H)</b>
12:51	T102	<b>U15G 60 Metres - Middx - Semi-finals</b>	<b>2sf</b>
12:57	T103	<b>U17W 60 Metres - Middx - Semi-finals</b>	<b>2sf</b>
13:03	T104	U17W 60 Metres - Kent - Semi-finals	2sf

13:09	T105	U17W 60 Metres - Herts - Final	
13:12	T106	U17W 60 Metres - Kent - Final	
13:15	T107	U15G 60 Metres - Kent - Final	
13:18	T108	U20W 60 Metres - Kent - Final	
<b>13:21</b>	<b>T109</b>	<b>U20W 60 Metres - Middx - Final</b>	
13:24	T110	U15B 60 Metres - Herts - Final	
13:27	T111	U15B 60 Metres - Kent - Final	
<b>13:30</b>	<b>T112</b>	<b>U15G 60 Metres - Middx - Final</b>	
<b>13:39</b>	<b>T113</b>	<b>SM 60 Metres - Middx - Semi Finals</b>	<b>3sf</b>
<b>13:48</b>	<b>T114</b>	<b>U20M 60 Metres - Middx - Semi Finals</b>	<b>2sf</b>
<b>13:54</b>	<b>T115</b>	<b>U15B 60 Metres - Middx - Final</b>	
13:57	T116	U17M 60 Metres - Herts- Final	
14:00	T117	U17M 60 Metres - Kent - Final	
<b>14:03</b>	<b>T118</b>	<b>U17M 60 Metres - Middx - Final</b>	
14:06	T119	U20M 60 Metres - Kent - Final	
14:09	T120	SM 60 Metres - Kent - Final	
<b>14:12</b>	<b>T121</b>	<b>U17W 60 Metres - Middx - Final</b>	
<b>14:15</b>	<b>T122</b>	<b>SW 60 Metres - Middx - Final</b>	
<b>14:18</b>	<b>T123</b>	<b>SM 60 Metres - Middx - Final</b>	
<b>14:21</b>	<b>T124</b>	<b>U20M 60 Metres - Middx - Final</b>	
14:26	T125	U15G/U15B 300 Metres - Herts - Final	3/2
14:29	T126	U15G 300 Metres - Kent - Heats	7 (2H)
<b>14:35</b>	<b>T127</b>	<b>U15G 300 Metres - Middx - Final</b>	<b>6</b>
14:38	T128	U15B 300 Metres - Kent - Heats	9 (2H)
<b>14:44</b>	<b>T129</b>	<b>U15B 300 Metres - Middx - Final</b>	<b>4</b>
14:47	T130	U17W 300 Metres - Kent - Heats	12 (2H)
<b>14:53</b>	<b>T131</b>	<b>U17W 300 Metres - Middx - Final</b>	<b>2</b>
14:58	T132	U17W 400 Metres - Herts - Heats	7 (2H)
15:04	T133	U17M 400 Metres - Herts - Final	3
15:07	T134	U17M 400 Metres - Kent - Heats	13 (3H)
<b>15:16</b>	<b>T135</b>	<b>U17M 400 Metres - Middx - Heats</b>	<b>9 (2H)</b>
15:22	T136	SM 400 Metres - Kent - Final	5
<b>15:25</b>	<b>T137</b>	<b>SM 400 Metres - Middx - Heats</b>	<b>8 (2H)</b>
15:31	T138	SM/U20M 400 Metres - Herts - Final	2/3
15:34	T139	SW 400 Metres - Kent - Final	6
<b>15:37</b>	<b>T140</b>	<b>U20W 400 Metres - Middx - Heats</b>	<b>8 (2H)</b>
15:43	T141	U20W 400 Metres - Herts - Heats	7 (2H)
15:49	T142	U20W 400 Metres - Kent - Final	6
<b>15:52</b>	<b>T143</b>	<b>SW 400 Metres - Herts/Middx - Final</b>	<b>1H 3M</b>
15:55	T144	U20M 400 Metres - Kent - Heats	12 (2H)
<b>16:01</b>	<b>T145</b>	<b>U20M 400 Metres - Middx - Heats</b>	<b>8 (2H)</b>
<b>16:07</b>	<b>T146</b>	<b>U15G 1500 Metres - Herts/Kent/Middx - Final</b>	<b>2/6/2</b>
<b>16:14</b>	<b>T147</b>	<b>U17W 1500 Metres - Herts/Kent/Middx - Final</b>	<b>1/2/4</b>
<b>16:21</b>	<b>T148</b>	<b>SW/U20W 1500 Metres - Kent/Middx - Final</b>	<b>6/1</b>
16:28	T149	U15B 1500 Metres - Herts/Kent - Final	2/3

<b>16:35</b>	<b>T150</b>	<b>U15B 1500 Metres - Middx - Final</b>	<b>9</b>
16:42	T151	SM 1500 Metres - Herts/Kent - Final	1/6
<b>16:49</b>	<b>T152</b>	<b>SM 1500 Metres - Middx - Final</b>	<b>7</b>
<b>16:56</b>	<b>T153</b>	<b>U20M 1500 Metres - Herts/Kent/Middx - Final</b>	<b>3H,2K,3M</b>
17:03	T154	U17M 1500 Metres - Kent - Final	10
<b>17:10</b>	<b>T155</b>	<b>U17M 1500 Metres - Herts/Middx - Final</b>	<b>2H,9M</b>
17:17	T156	U15B 300 Metres - Kent - Final	
17:20	T157	U15G 300 Metres - Kent - Final	
17:23	T158	U17W 300 Metres - Kent - Final	
17:26	T159	U20W 400 Metres - Herts - Final	
17:29	T160	U17M 400 Metres - Kent - Final	
<b>17:32</b>	<b>T161</b>	<b>U17M 400 Metres - Middx- Final</b>	
<b>17:35</b>	<b>T162</b>	<b>SM 400 Metres - Middx - Final</b>	
17:38	T163	U20M 400 Metres - Kent- Final	
<b>17:41</b>	<b>T164</b>	<b>U20M 400 Metres - Middx- Final</b>	
<b>17:44</b>	<b>T165</b>	<b>U20W 400 Metres - Middx - Final</b>	
17:47	T166	U17W 400 Metres - Herts - Final	

#### Sunday timetable Field

<b>10:00</b>	<b>F16</b>	<b>SW/U20W Long Jump - All - North pit</b>	<b>13</b>
<b>10:00</b>	<b>F17</b>	<b>U15G Shot - All</b>	<b>7</b>
<b>11:10</b>	<b>F18</b>	<b>SW/U20W Shot - All</b>	<b>13</b>
<b>11:10</b>	<b>F19</b>	<b>U17M/U15B Pole Vault - All</b>	<b>14</b>
<b>12:30</b>	<b>F20</b>	<b>U17W Shot - All</b>	<b>14</b>
<b>13:00</b>	<b>F21</b>	<b>U15G Long Jump -All - North pit</b>	<b>25</b>
<b>14:30</b>	<b>F22</b>	<b>SM/U20M Pole Vault - All</b>	<b>9</b>
14:30	F24	U17W Long Jump - Kent - South pit	12
<b>14:50</b>	<b>F26</b>	<b>U17M/U15B Triple Jump - All - North pit</b>	<b>11</b>
<b>15:00</b>	<b>F23</b>	<b>U15B High Jump - All - Bed 2</b>	<b>9</b>
<b>15:00</b>	<b>F25</b>	<b>U17M High Jump - All - Bed 1</b>	<b>7</b>
<b>16:00</b>	<b>F27</b>	<b>SM/U20M Triple Jump - All - South pit</b>	<b>8</b>
<b>16:40</b>	<b>F28</b>	<b>U17W Long Jump - Herts/Middx - North pit</b>	<b>14</b>