

Middlesex AA Cross Country Championships
Uxbridge, Hosted by Hillingdon AC. December 13th 2025

Event Director:	Simon Baker
Referee:	Lina Ambruleviciute
Asst Referee:	Martin Howard
Clerk of Course:	Hillingdon AC
Chief Marshall:	Maria Hernandez Humm (Hillingdon AC)
Starters:	Janet Bensley*, Ivor Wigget
Start Area:	Jo Newall*, Martin Black
Finish Area:	Gerald Alterman*, Bob Densley, Helen Pugh (TBC), Jen Lovell
Timekeepers:	Phil Welch*, Alan Keeler
TK Recorders:	Christine Roy, Malcolm French
Judge/Recorders:	Stuart Pugh*, John Husbands, Steve Treanor
Marshals:	Martin Garrett, and entered clubs.

(*) Chief

Chip timing is in use but for each race the first 25* finishers and their times will be recorded manually.

Timetable

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.