



MIDDLESEX AA

CROSS COUNTRY CHAMPIONSHIPS 2026

(In conjunction with Hertfordshire County AAA)

(Under UKA rules)

AT STANBOROUGH PARK, Welwyn Garden City, Hertfordshire AL8 6DF

(Host Club Herts Phoenix Athletic Club)

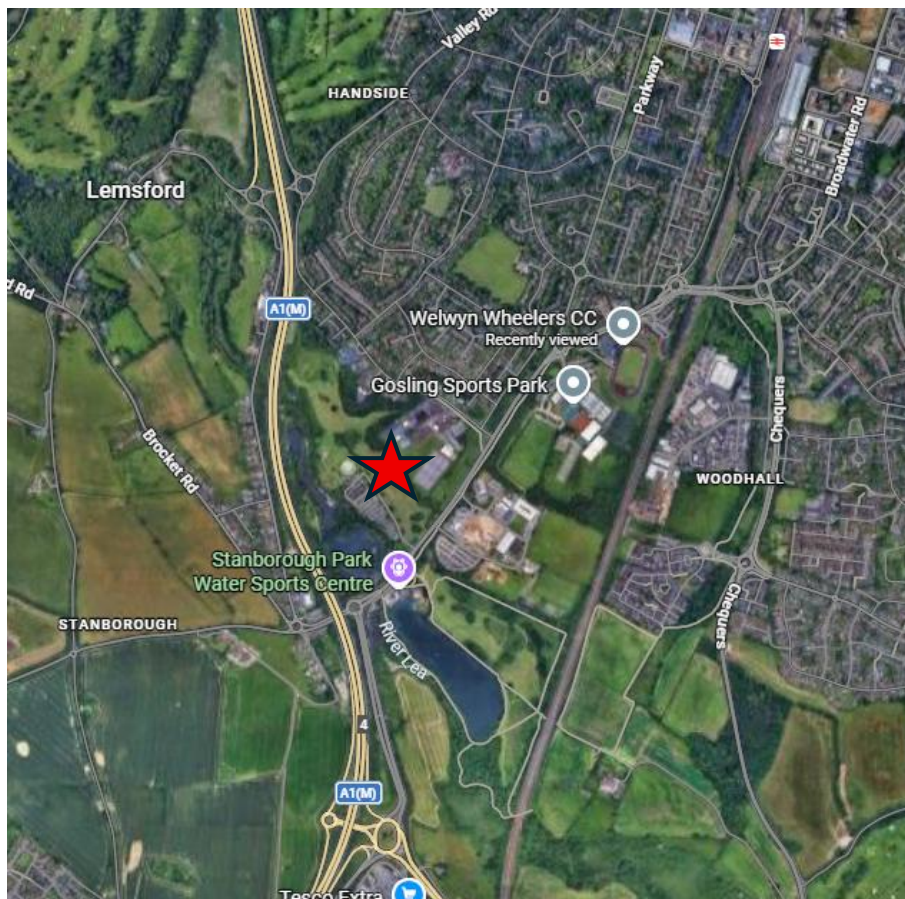
SATURDAY, 12th December 2026 starting at 11.00am

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

Entries close on Saturday, 5th December 2026 via RacesOnline at [Enter Here](#). This includes club teams, individuals and schools.

Note. **Club entries Must** include name & contact details of nominated Course Marshal. See Page 3 Entry details. Clubs who do not provide a course marshal will not be eligible for team awards.

Race HQ: will be a Gazebo located near to the Start/Finish area.



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.

Toilets: Toilets are available in the amenity block by the Splashlands playground. Extra portable toilets will be provided at the end of the car park, close to the amenity block. There are also toilets located at the Sailing Centre on the south side of the park.

Refreshments: Refreshments will be available from the kiosk in the amenity block on the north side of the park or from the café by the Sailing Centre on the south side of the park. The kiosk is generally open from 10:00 to 16:00.

Team Tents and Assembly Area: Club/Team Assembly Areas have been identified in the field adjacent to Splashlands and adjacent to the course/exit road. If you choose to set up adjacent to the course/exit road, rather than using this field, please ensure that you keep well clear of the course.

Team tents and flags may be erected in the designated areas. (see the course maps)

Travel: Where possible, please use public transport, walk or cycle. If travelling by car, please car share to reduce the impact and check for restrictions that may be in effect in the area. Please also park with consideration of others, especially if using on-street parking.

Public Transport: The nearest station is Welwyn Garden City Station (Main Line), which is 1¼ mile from the Park.

If walking from the station, exit from the station through the front entrance of the Howard Centre. Walk directly ahead along Howardsgate towards the fountain. Turn left into Parkway at the end of Howardsgate. Walk along Parkway for approximately ½ mile to the end (roundabout at Gosling Sports Park). Turn right and walk along Stanborough Green for approximately ½ mile until you reach the Park (on your right).

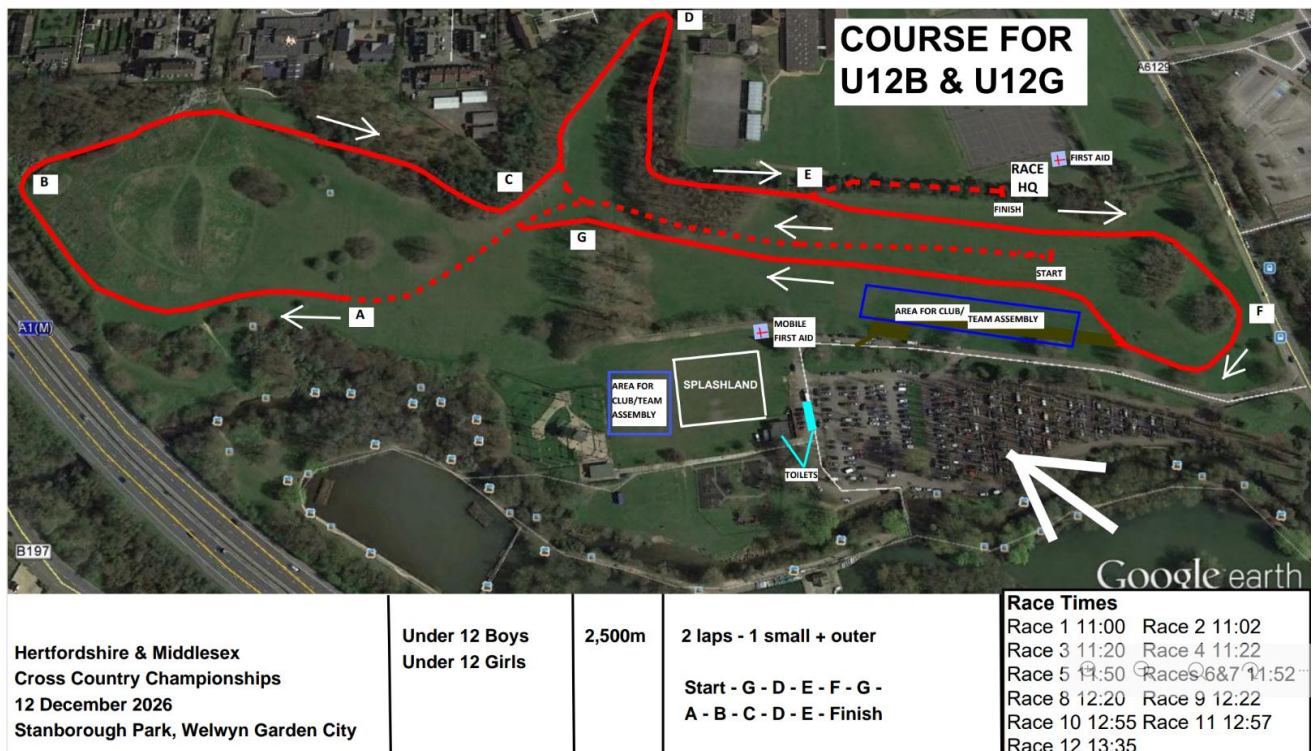
Cycle Storage: There are some cycle racks at the north end of the North car park adjacent to the amenity area.

Driving – Directions: Leave the A1(M) at Junction 4, (after the Hatfield Tunnel). At the roundabout take the second exit to A414/A6129. At the next roundabout take the first exit A6129. At the bottom of the dual carriageway take the second exit out of the roundabout. The entrance to the car park on the north side is on your left after around 100m. The entrance to the car park on the south side is more or less opposite but you cannot gain access from the left side of the carriageway.

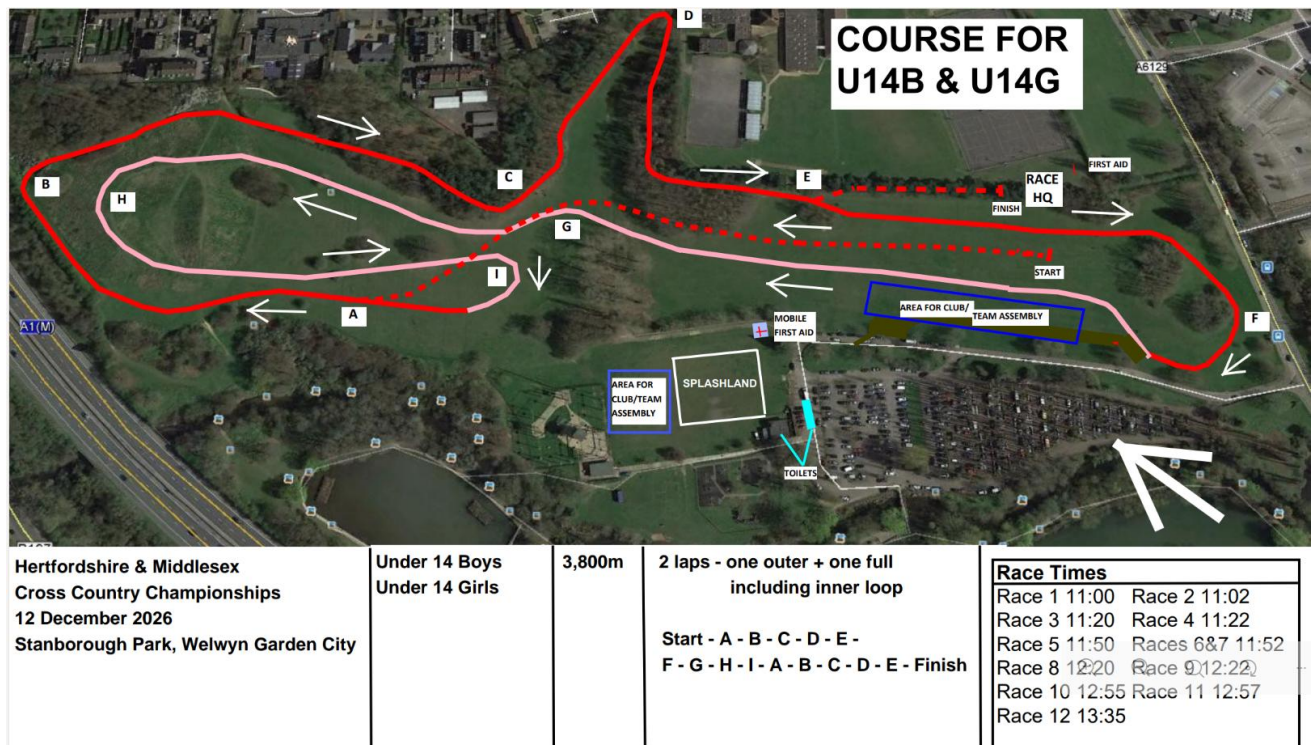
As early arrivers will undoubtedly fill the car park on the north side, you may be advised to go straight to the one on the south side.



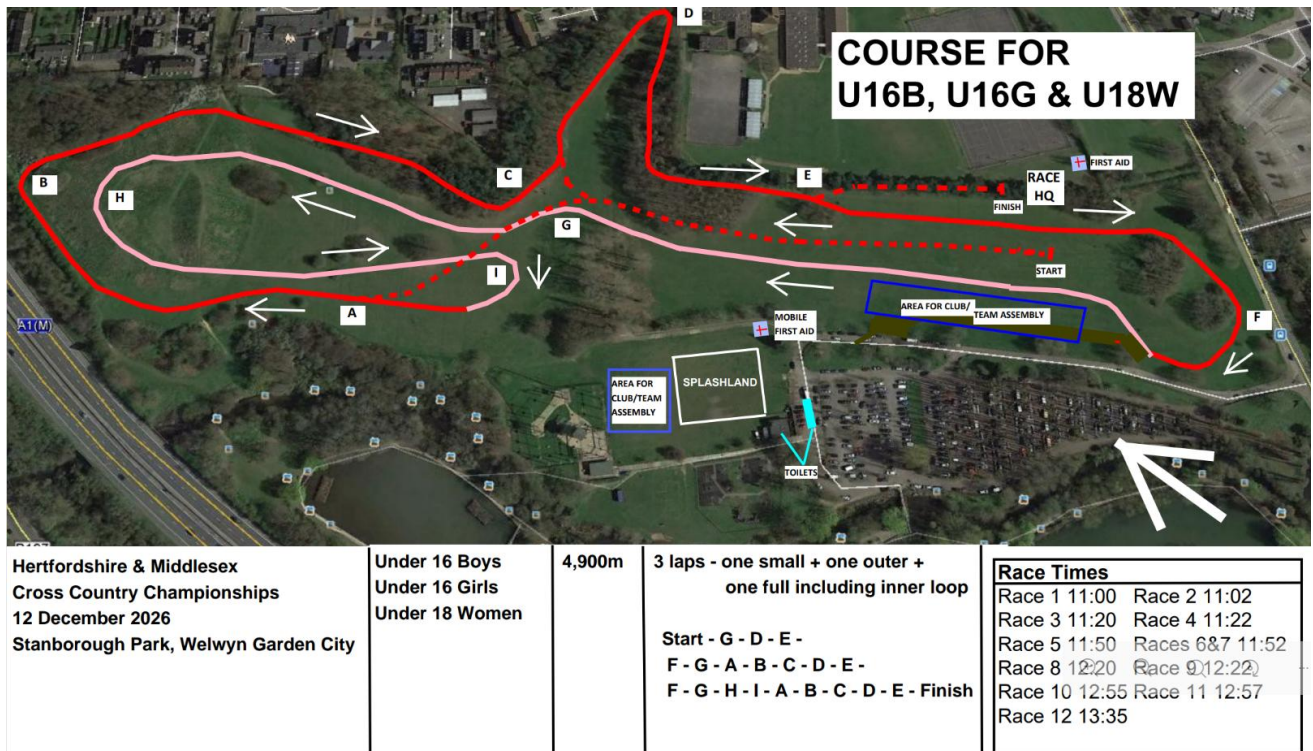
U12B & U12G Course: One small lap + one outer lap - approximately 2,500m



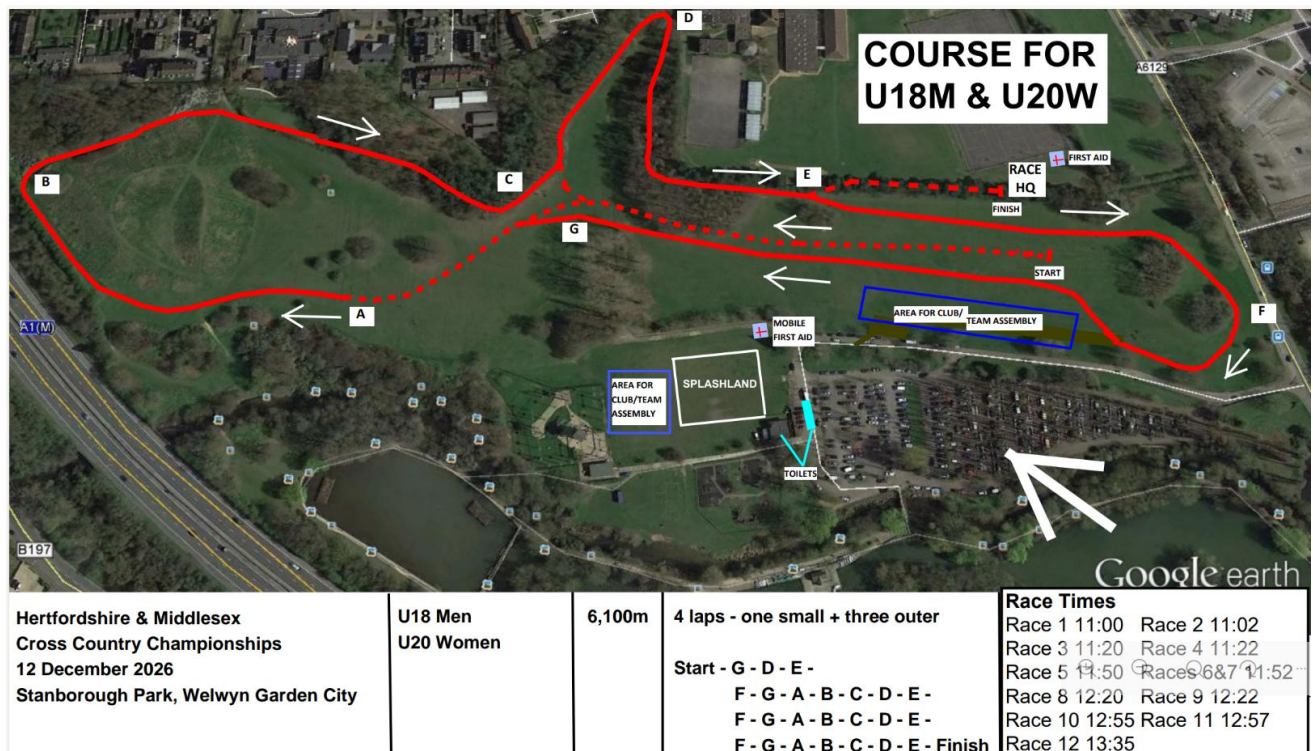
U14B & U14G Course: One outer lap (from the start) + one full lap including the inner loop - approximately - 3,800m.



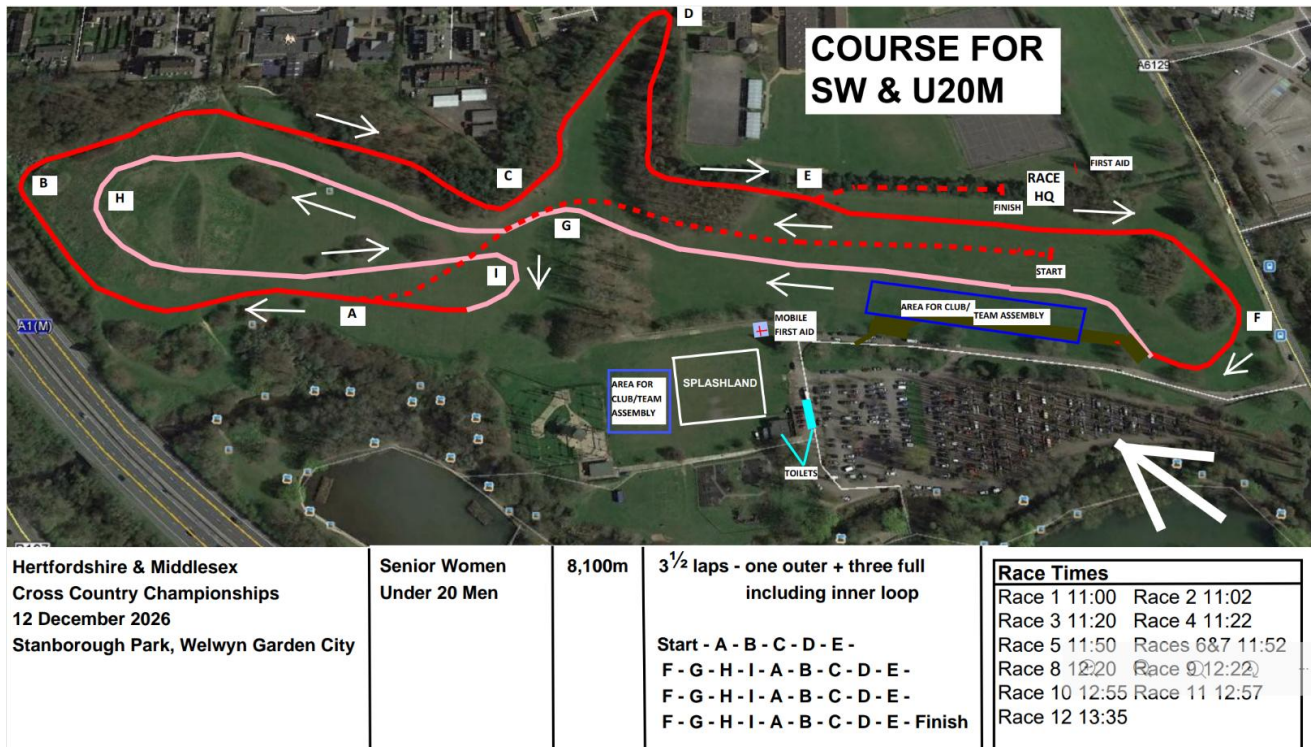
U16B & U16G & U18W Course: One short lap + one outer lap + one full lap including the inner loop, of approximately 4,900m.



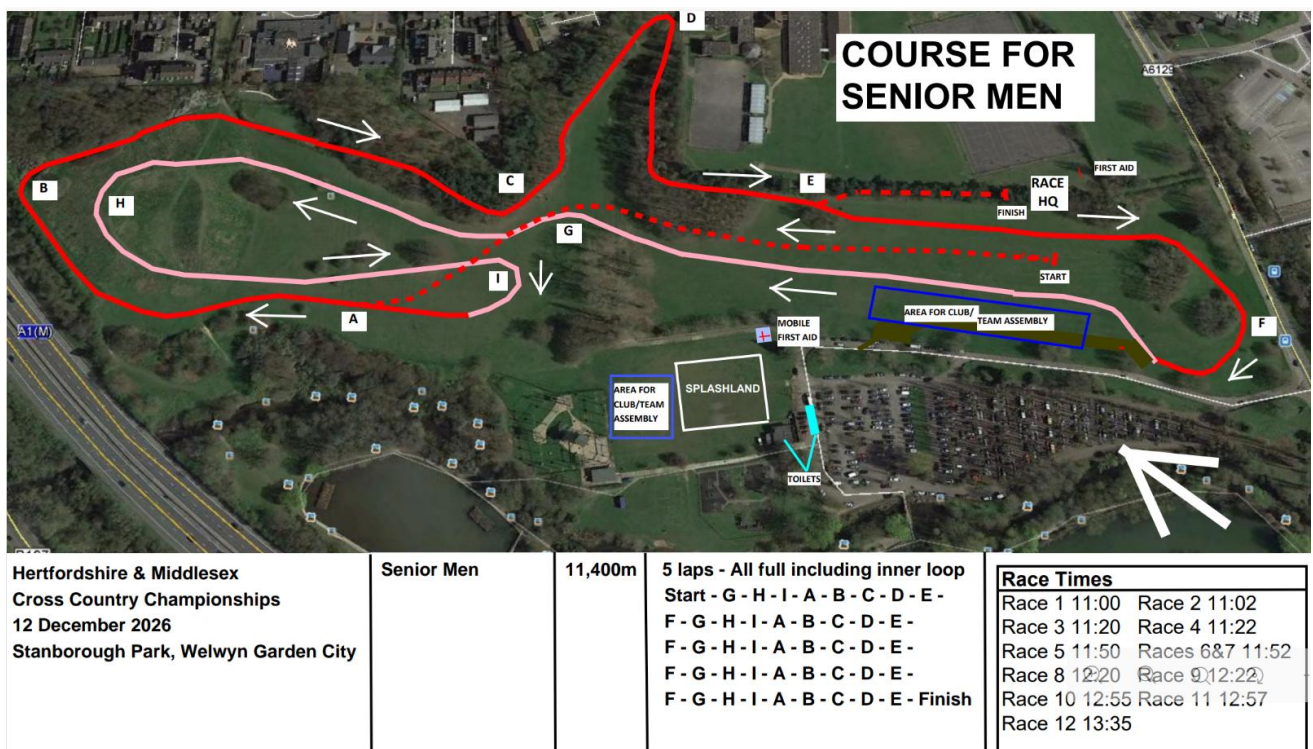
U18M & U20W Course: One short lap + three outer laps - approximately 6,100m.



SW & U20M Course: One outer lap (from the start) + three full laps including the inner loop, of approximately 8,100m.



SM Course: One full lap including the inner loop (from the start) + four full laps including the inner loop, of approximately 11,400m.





TIMETABLE (with approximate distances)

11.00	Under 12 Boys	2,500 Metres	Competitors must be over 9 on the day of the race but under 12 by 31 st Aug/1 st Sep 2027
11.02	Under 12 Girls	2,500 Metres	Competitors must be over 9 on the day of the race but under 12 by 31 st Aug/1 st Sep 2027
11.20	Under 14 Boys Race –	3,800 Metres	Competitors must be over 12 but under 14 by 31 st Aug/1 st Sep 2027
11.22	Under 14 Girls Race –	3,800 Metres	Competitors must be over 12 but under 14 by 31 st Aug/1 st Sep 2027
11.50	Under 16 Boys Race –	4,900 Metres	Competitors must be over 14, but under 16 by 31 st Aug/1 st Sep 2027
11:52	Under 16 Girls Race –	4,900 Metres	Competitors must be over 14, but under 16 by 31 st Aug/1 st Sep 2027
11.52	Under 18 Women’s Race –	4,900 Metres	Competitors must be over 16, but under 18 by 31 st Aug/1 st Sep 2027
12.20	Under 18 Men’s Race –	6,100 Metres	Competitors must be over 16, but under 18 by 31 st Aug/1 st Sep 2027
12.22	Under 20 Women’s Race –	6,100 Metres	Competitors must be over 18, but under 20 by 31 st Aug/1 st Sep 2027
12.55	Under 20 Men’s Race –	8,100 Metres	Competitors must be over 18, but under 20 by 31 st Aug/1 st Sep 2027
12.57	Senior Women’s Race –	8,100 Metres	Competitors must be at least 20 years of age on 31 st Aug 2027 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 seasons or is not the current holder of the trophy.
13.35	Senior Men’s Race –	11,400 Metres	Competitors must be at least 20 years of age on 31 st Aug 2026 First 6 runners to score. In addition to the normal awards, as set out below, a set of bronze medals shall be awarded to the first team (outside the first three teams) to finish with the lowest aggregate score 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 Middlesex in a 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.

All athletes (over age of 12) entered in a Club entry must be affiliated and have a URN.

Individual entrants must quote their URN. Unattached athletes must pay an additional entry fee of £2.

Inter-Counties Championships. County Team Managers will use the race as the basis of picking their teams for the CAU Inter-Counties Championships.

Course Marshals: these officials are vital for the successful staging of the Championships.

It is an entry requirement that each club entering the event provides **at least** one course marshal. Name and contact detail to be notified to the entry website by the closing date. This is essential so that the Course director may delegate duties.

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 County Website and also "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/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."