

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

MASTERS CROSS COUNTRY CHAMPIONSHIPS 2020 (under UKA rules)

In partnership with Middlesex County Athletic Association

**AT STANBOROUGH PARK, WELWYN GARDEN CITY,
HERTFORDSHIRE (Satnav postcode AL8 6DF)**

SUNDAY 16th February 2020 starting at 11.30am

Entries close on 9th February 2020

All entries and payments are to be made online to Racesonline

<https://www.racesonline.uk/race-entry/xcvets/>

TEAMS	<u>ENTRY FEE</u> £5.50 per runner (no team fee).
Veteran Men 40-49	4 to score
Veteran Men 50-59	4 to score
Veteran Men 60+	3 to score
Veteran Women 35-54	3 to score
Veteran Women 55+	3 to score

AGE GROUPS: individual age groups will be in the following categories: W35-44, W45-54, W55-64, W 65+, --- M40-49 , M50-59, M60-69, M70+. 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.

TEAM MANAGERS: should collect numbers from the officials table near to the café.

TIMETABLE (with approximate distance)

11.30 am	Men 40-49 and Men 50-59	Distance 10,000 metres apx
12.30 pm	Men over 60 and all Women	Distance 8000 metres apx

RULES: no competitor may be entered in more than one County's championships. Qualification is by birth or residence or competed in a Herts Champ. Last year. (UK A Rule 21 S6 applies). Only HAARC affiliated clubs will be eligible for team medals.

CHIP TIMING IS BEING USED - NO CHIP, NO PLACE OR TIME WILL BE RECORDED

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.

TRAVEL: Public Transport:- Welwyn Gdn City Stn. 1-1/4 m dist.

Cars: There is a large car park on south side of the park, there is an additional car park on the north side. These car parks are 'Pay & Display' You must display a ticket to avoid a penalty. Machines require a card for payment. Please note access to car parks is from the dual carriageway on the correct side of road.

FACILITIES:- Refreshments and toilet facility close to car park. No changing or shower facilities. Athletes should come to the event ready changed.