



Schools Athletics Association of Middlesex
Founded 1922

(Incorporating London Boroughs of Barnet, Brent, Ealing, Enfield, Haringey,
Harrow, Hillingdon, Hounslow and Richmond Upon Thames)

President: Mr A Lunnon

**Middlesex Schools' Cross Country Championships.
Tuesday 4th February, Harrow School**

We are extremely grateful once again to Harrow School (and in particular, Connor Hull Master i/c Cross Country) for hosting the Middlesex Schools' Cross Country Championships. The very best of luck to all our athletes and borough teams. Those in the Junior, Inter and Senior categories, alongside competing for your boroughs are also running for potential Middlesex selection, for teams travelling to the ESAA Cross Country Championships at Ardingly Showground, on Saturday 15th March.

Those finishing in the top 20 please ensure you have collected a letter at the end of the race and then complete the nomination form, so we can consider your selection (some athletes cannot attend the national finals, so important other athletes complete the form). The top six runners will be awarded a place on the Middlesex team by right. The final two places, are to be decided upon, at the discretion of the selection committee.

Teams: A maximum of 10 runners in each category

Age Groups:

- Minor: Under 13 on August 31st 2025 (race only, no qualification for National Schools')
- Junior: Under 15 on August 31st 2025
- Intermediate: Under 17 on August 31st 2025
- Senior: Under 19 on August 31st 2025

Course/Terrain:

There is a mixture of playing fields, tracks, and paths. The course will be muddy, spiked or studded shoes are recommended. Course maps can be found below.

Timings:

Event	Start Time	Course	Distance
Course Open / Registration	13:15 – 14:15	Borough team managers collect chips to distribute to runners	
Minor Girls	14:30	A-B-C-D-E-F-G-H-Finish	2.6km
Minor Boys	14:35	A-B-C-D-E-F-G-H-Finish	2.6km
Junior Girls	14:40	A-B-C-D-E-F-G-H- Finish	2.6km
Junior Boys	14:45	A-B-C-D-E-F-G-H---A-B-C-D-H-Finish	3.5km
Inter Girls	15:05*	A-B-C-D-E-F-G-H-D-E-F-G-H-Finish	4.2km
Senior Girls	15:10	A-B-C-D-E-F-G-H-D-E-F-G-H-Finish	4.2km
Inter Boys	15:15	A-B-C-D-E-F-G-H-A-B-C-D-E-F-G-H-Finish	5.2km
Senior Boys	15:20	A-B-C-D-E-F-G-H-A-B-C-D-E-F-G-H---A-B-C-D-H-Finish	6.0km

* Inter Girls start time is to allow Junior Boys to have passed point A before the start of the Inter Girls race

Course Map



Travel/Parking:

School minibuses/coaches and race officials should drive down Garlands Lane, off Peterborough Road, and then go to the Parade Ground car park on the left at the bottom. You will be given a Parking Pass to print and display on your dashboard.

Harrow School recommends that where possible individual participants travel to the event by public transport as, unfortunately, there will be no parking for individual runners or spectators at the school. This is due to space constraints in the car park due to ongoing building work. It may be possible to drop off athletes by car before parking elsewhere.

If you are unable to take public transport it is recommended that you park in metered bays on Peterborough Road, or around Harrow on the Hill. Harrow town centre has parking in the multistorey car park in the St Anns's shopping centre (Clarendon Rd, Harrow HA1 1US). There is also parking at the local garden centre, (Kenton Road, Harrow HA1 2BW) should you wish to look around the shop too.

Changing:

Please arrived changed as there will be no changing facilities available.

Toilets:

Toilets are available for runners in the white portaloos block next to the Athletics track. Toilets in the Sports Centre may be used by parents and staff.

First Aid:

Harrow will provide a full suit of first aid facilities which can be accessed from the black hut between the athletics track and the tennis courts.