

EASTERN ATHLETIC ASSOCIATION - 2026 CROSS COUNTRY CHAMPIONSHIPS

Incorporating the Eastern Masters AC Championships

Meeting held under UKA and ECCA rules

Date:- Sunday 15th November 2026

Venue:- Horseheath Racecourse, Cambridgeshire

Timetable

EVENTS	DISTANCE	TIME
U12 Girls & Boys	2000 metres	10:30
U14 Girls & Boys	3000 metres	10:45
U16 Girls & Boys	4000 metres	11:00
U18 Girls & Boys, and U20 Girls	6000 metres	11:25
Junior presentations and Officials' lunch break		12:00-13:00
Senior Men	10000 metres	13:00
Senior Women, U20 Boys and V60+ Men	8000 metres	13:05
Senior presentations from 2pm onwards		

Entry details:

- Athletes must qualify to compete in the County Champs of either Beds, Cambs, Essex, Herts, Lincs, Norfolk or Suffolk.
- Qualification is by:
 - a) BIRTH
 - b) By nine month's continuous bona fide residence
 - c) By service in a Unit of HM Forces stationed in one of the seven counties
- Ages are as of 31st August 2027, as per UKA rules
 - U12 Born on or between 01.09.15 and 31.08.17
 - U14 Born on or between 01.09.13 to 31.08.15
 - U16 Born on or between 01.09.11 to 31.08.13
 - U18 Born on or between 01.09.09 to 31.08.11
 - U20 Born on or between 01.09.07 to 31.08.09
 - Seniors born on or before 31.08.07
- Unaffiliated U12 athletes may enter, but all other age groups require both club and athlete to be affiliated to EA.
- Athletes **MUST** run in their Club Colours. Runners who do not observe this rule will be disqualified.
- Entry fees: £14.00 Seniors / £11.00 Juniors (U20 and below).
- Online entry: <https://entries.sublimetiming.com/race/111>
- Entries will close at midnight on Saturday 14th Nov
- Please note that in the event you are unable to compete on the day, we are unable to offer refunds and entries are non-transferable.**
- 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/themselves, 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.

Awards:

- Medals will be awarded to the first three placed competitors in each age category.
- Masters age categories will be determined by age on race day and will run in 5-year bands from MV35/FV35 up to MV70/FV70.
- Team awards will be presented to scoring team members in the following age groups: U14B, U14G, U16B, U16G, U18B, U18G, U20B, U20G, Senior Men and Senior Women.
- Team scores will be based on the finish position of the first three finishers in each team. In the event of a tie, the team whose final scoring runner places closest to first shall be ranked higher.
- Only one team per club in each age band will be eligible for an award

- Please note there are no team awards for the Masters age categories; all apart from the MV60+ will score as Seniors and there is no team award for the MV60+ category.
- Team awards will be based on the combined time of the first three finishers. No team declarations are required. Team runners **MUST** be first-claim members of their club according to UKA/ECCA rules.
- Members of Eastern Masters AC can enter both championships by entering their membership number on the entry form.

Parking:

- A fee of £2.50 per car will be payable on the day. This will be used to provide an improved parking area outside of the course area; increasing safety and enabling expansion of the event in future years. Card payments will be accepted at the food stand.