EASTERN ATHLETIC ASSOCIATION

2026 CROSS COUNTRY CHAMPIONSHIPS

Incorporating the Eastern Masters AC Championships

SUNDAY 15TH NOVEMBER 2026 | FIRST RACE: 10:30AM

Venue: Horseheath Racecourse, Cambridgeshire

Meeting held under UKA & ECCA Rules

WELCOME MESSAGE

The Eastern Athletic Association (EAA) and Eastern Masters AC warmly welcome all athletes, club officials, team managers, and spectators to Horseheath Racecourse for the 2026 Eastern Athletic Association Cross Country Championships. This premier regional event brings together competitors from across the seven member counties: Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Lincolnshire, Norfolk, and Suffolk. Please take time to read the essential race day information below.

TIMETABLE OF EVENTS

Competitors should arrive at the start assembly area at least 10 minutes prior to their race start time.

Events	Distance	Time
U12 Girls & Boys	2000 metres	10:30am
U14 Girls & Boys	3000 metres	10:45am
U16 Girls & Boys	4000 metres	11:00am
U18 Girls & Boys, and U20 Girls	6000 metres	11:25am
Junior presentations and Officials' lunch break		12:00pm – 12:30pm
Senior Men	10000 metres	1:00pm
Senior Women, U20 Boys and V60+ Men	8000 metres	1:05pm
Senior presentations		2:00pm – 2:30pm

RACE NUMBER, CHIP TIMING & CLUB COLOURS

Our 2026 championships are chip timed by Sublime Timing. Your race number contains **TWO** timing chips. Race numbers must be collected individually by each competitor from the Registration Marquee located in the central event village from 09:30am onwards. Please allow plenty of time for collection prior to your race call time.

After receiving your race bib, please complete the medical declaration on the reverse – including emergency contact details, allergies, and existing medical conditions.

COMPULSORY CLUB COLOURS: In accordance with UK Athletics rules, all athletes (except unaffiliated U12s) MUST compete in their official registered Club Colours / Vests. Runners who fail to wear approved club colours will be disqualified from championship awards and team scoring.

VENUE & EVENT HQ

The championships are hosted at Horseheath Racecourse, Linton / Horseheath, Cambridgeshire. The central event village is situated adjacent to the Start and Finish straight. Facilities include the Registration & Enquiries Marquee, Refreshment Stand, Results Board, portable toilets, and a designated Club Gazebo area.

FACILITY ADVISORY: Please note that Horseheath Racecourse is an open-air agricultural and equestrian venue. THERE ARE NO INDOOR CHANGING ROOMS, INDOOR SHOWERS, OR PERMANENT SPORTS HALL FACILITIES ON SITE. Competitors should arrive race-ready and bring adequate dry, warm clothing for post-race recovery.

BAGGAGE ARRANGEMENTS

There are NO official baggage storage facilities provided at the venue. Competitors should leave their belongings and bags locked securely inside their vehicles or within their club's designated team tent / gazebo. All property is left entirely at the owner's risk; the organisers and landowners accept no responsibility for any loss or damage.

CAR PARKING & PAYMENT / EXIT SYSTEM

Dedicated event parking is provided on-site outside the running course loop to ensure spectator and athlete safety. Vehicles drive straight in on arrival and park in the designated parking area as directed by marshals. There is no stopping at the gate on arrival, ensuring traffic flows smoothly and does not queue onto the A1307 dual-carriageway.

PARKING CHARGE & EXIT VALIDATION: A parking fee of £2.50 per vehicle applies on the day. Payment is made at the food / refreshment stand (card payments accepted).

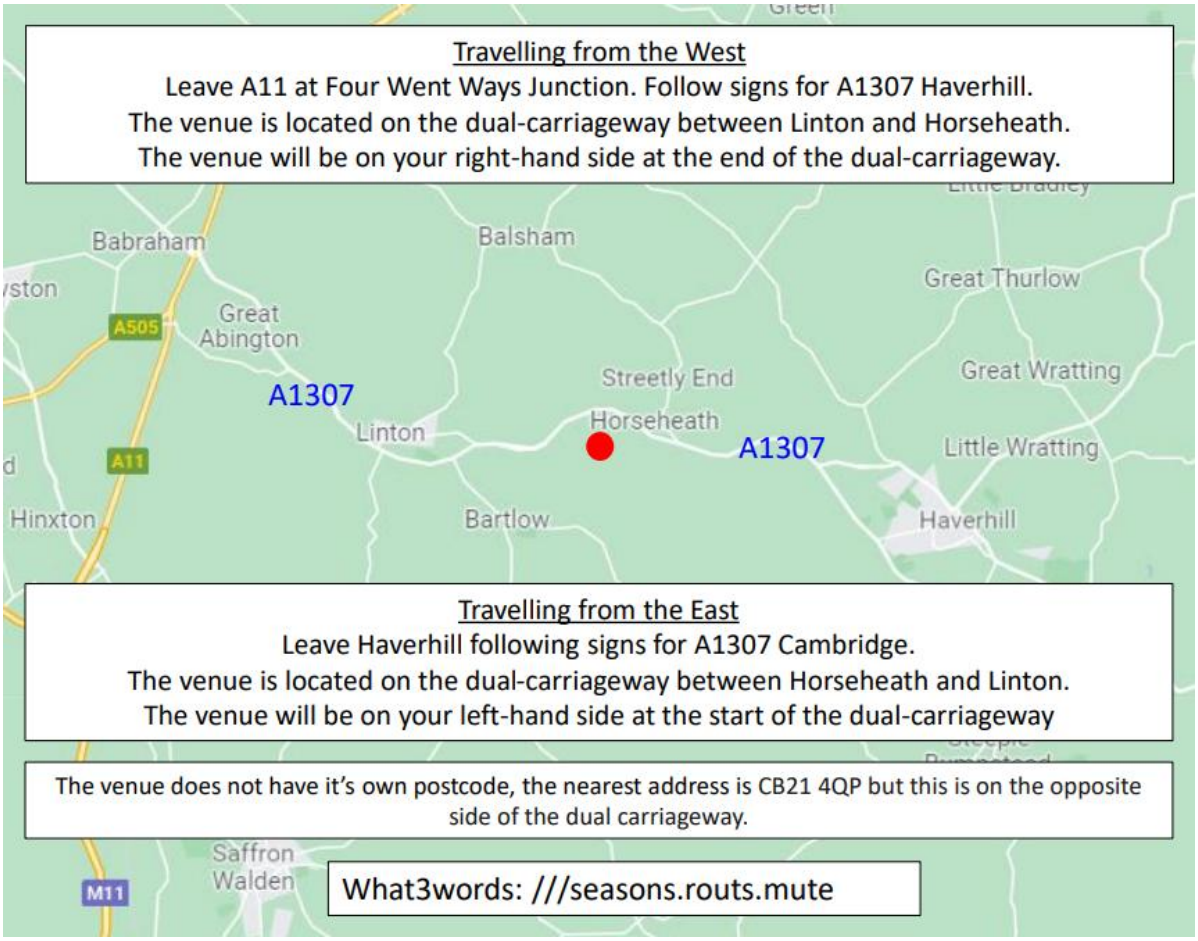
All parking fee proceeds are dedicated to providing improved parking areas, increasing safety, and supporting the long-term expansion of the championships in future years.

Vehicles and contents are parked entirely at the owner's risk.

WEATHER & CLOTHING ADVISORY

Mid-November cross-country racing can bring cold, wet, windy, or muddy conditions. Please check the weather forecast in advance and come fully prepared. Essential kit includes warm base layers, thermal hats, gloves, waterproof jackets, a large towel, and a complete change of warm dry clothing and footwear for after your race. Keep warm and dry prior to your race; do not remove outer waterproofs until 5 minutes before your race starts.

DIRECTIONS & TRAVEL INSTRUCTIONS



COURSE DESCRIPTION, TERRAIN & THE WATER SPLASH

The course is set over undulating grassland pasture and the racecourse gallops of Horseheath with the addition of the iconic watersplash. The terrain provides traditional cross-country running with natural gradients, generous width, and excellent spectator viewing. Choice of footwear is entirely up to the individual athlete.

THE WATER SPLASH (CHECKPOINT 5): The course passes through the iconic watersplash. The exact water depth at the splash is approximately 6 inches (15 cm). For competitors who choose not to run through the water, an alternative bypass route is provided around the feature. Dedicated safety marshals are permanently stationed at Checkpoint 5.

COURSE RETIREMENTS: The course is marshalled throughout. If you feel unable to complete the course, report immediately to the nearest marshal who will arrange assistance or transport back to Race HQ. Runners who retire must NOT cross the finish timing mat and must report their withdrawal to finish officials.

COURSE RESTRICTIONS: Dogs are strictly banned from the venue and drinks in metal and glass containers are strictly not allowed.

HYDRATION & REFRESHMENTS

In accordance with standard cross-country championship rules, there are no water stations situated on the running course. Athletes are responsible for providing their own pre- and post-race hydration.

Hot beverages, cold drinks, and light hot food are available for purchase from the Refreshments Stand in the central village marquee area. Card payments are accepted at the food stand. Please dispose of all rubbish in bins provided or take it home to help preserve our countryside.

TOILETS

Portable toilet cubicles are provided on-site, situated between the Car Park and the Start/Finish area (as shown on the official Site Plan). There are no toilet facilities on the running loop; please ensure you allow adequate time before your race assembly.

HEADPHONES & EARPHONES POLICY

> **STRICT SAFETY PROHIBITION (UKA RULES)**
> In accordance with UK Athletics and English Cross Country Association safety rules, the wearing of ALL HEADPHONES, EARPHONES, EARBUDS, AND AUDIO DEVICES (INCLUDING BONE-CONDUCTION HEADPHONES) IS STRICTLY FORBIDDEN. Cross-country competition demands acute awareness of marshal instructions, audio signals, safety calls, and overtaking runners. Any competitor wearing headphones during competition will be disqualified immediately.

MEDICAL & FIRST AID ARRANGEMENTS

Professional medical cover is provided by RJO Medical. There will be a dedicated primary first aid station located at the finish area, and an additional mobile medical unit will be driving around the course following the race to provide immediate response if required.

Competitors participate at their own risk and must ensure they are in good health on race day. Please do not forget to complete the medical declaration on the back of your running bib – this is essential for your safety.

INFORMATION DESK & COMMUNICATIONS

For information, please visit the Information & Registration Desk.

SPECTATORS & CLUB TENTS

Horseheath Racecourse provides panoramic viewing points across almost the entire circuit. Spectators must remain behind course ropes, stakes, and perimeter barriers at all times. Never obstruct the running paths, crossing points, or the Checkpoint 5 Water Splash.

CLUB TENTS: A dedicated zone set back from the course ropes is allocated for club gazebos and team shelters. You can drop them off in this dedicated zone and then drive back to the main car park. All club tents must be safely weighted or pegged down.

CHAMPIONSHIP ELIGIBILITY & COUNTY QUALIFICATION

To compete in the Eastern Athletic Association Cross Country Championships, athletes must qualify to represent one of the seven member counties: Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Lincolnshire, Norfolk, or Suffolk.

Qualification is by:

(a) BIRTH in one of the seven counties;
(b) Nine months' continuous bona fide RESIDENCE in one of the seven counties; or
(c) Service in a Unit of HM FORCES stationed in one of the seven counties.

AGE CATEGORIES (Governed by UKA Rules)

- U12: Born 01.09.2015 to 31.08.2017 (Unaffiliated runners permitted).
- U14: Born 01.09.2013 to 31.08.2015.
- U16: Born 01.09.2011 to 31.08.2013.
- U18: Born 01.09.2009 to 31.08.2011.
- U20: Born 01.09.2007 to 31.08.2009.
- Seniors: Born on or before 31.08.2007.

AFFILIATION: Unaffiliated U12 athletes may enter. For all other age categories, both the club and athlete must be fully affiliated to England Athletics. EASTERN MASTERS AC: Members of Eastern Masters AC who entered their membership number on entry are eligible for both EAA and EMAC championships.

AWARDS, MEDALS & TROPHY PRESENTATIONS

There will be two presentation ceremonies in the central village presentation area:

Junior Presentations: 12:00pm – 12:30pm (during officials' lunch break).

Senior & Masters Presentations: from 2:00pm – 2:30pm.

INDIVIDUAL AWARDS: Championship medals will be awarded to the 1st, 2nd, and 3rd placed competitors in each age category: U12B/G, U14B/G, U16B/G, U18B/G, U20M/W, Senior Men & Women, and Masters 5-year categories (MV35/FV35 up to MV70/FV70).

TEAM AWARDS: Team awards will be presented to scoring team members in the following 10 categories: U14B, U14G, U16B, U16G, U18B, U18G, U20B, U20G, Senior Men, and Senior Women.

MASTERS TEAM NOTE: There are no separate team awards for Masters categories; all Masters competitors (except MV60+) score as Seniors for their club. There is no team award for the MV60+ category.

TEAM SCORING RULES: Team scores are based strictly on the finish position of the first three (3) finishers in each team (lowest points total wins). In the event of a tie, the team who's final (3rd) 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. Team runners MUST be first-claim members of their club according to UKA/ECCA rules. No advance team declarations are required.

RESULTS

Provisional results will be posted on the Results Board at Race HQ as soon as verified. Official electronic chip-timed results, split positions, and team standings will be published live online by Sublime Timing at: https://entries.sublimetiming.com/race/111

PHOTOGRAPHS & SAFEGUARDING

A gallery of official photographs from the championships will be published online following the event. In accordance with UK Athletics Child Safeguarding policies, anyone wishing to take commercial or public photography/videography of junior races must register at the Information Marquee. By participating, competitors and parents/guardians acknowledge that photographs may appear in official association media and event publicity.

PARTNERS, VENUE & ACKNOWLEDGEMENTS

The Eastern Athletic Association extends its gratitude to Horseheath Racecourse for hosting this event, to Eastern Masters AC, to Sublime Timing for electronic timing and results management, to RJO Medical for first aid and mobile medical support, and to the dedicated volunteer marshals, timekeepers, and officials from across the seven counties whose support makes these championships possible.

EVENT SUSTAINABILITY & GRASSROOTS REINVESTMENT

All surplus revenue from entry fees and car parking charges is directly reinvested by the Eastern Athletic Association into grassroots athletics, supporting regional talent development, official training, and securing premium championship venues for future seasons.

DECLARATIONS, ANTI-DOPING & RULES OF COMPETITION

By participating in the 2026 championships, all competitors, parents/guardians, and team managers agree to abide by the UK Athletics Rules of Competition and the authority of the Race Referee.

UK ANTI-DOPING (UKAD) COMPLIANCE STATEMENT: 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.

DISCLAIMER: Competitors participate at their own risk and declare they are in good health. The organisers, landowners, and sponsors accept no liability for any loss, damage, action claim, or injury arising in consequence of participation, save where liability cannot be excluded by law.

Enjoy your racing, compete with pride, and good luck!