



SEAA Competition Limited
Crystal Palace National Sports Centre
Ledrington Road
London
SE19 2BB
Tel: 020 8778 7167

www.seaa.org.uk
e-mail: competitions@seaa.org.uk

1st December 2023

MASTERS CROSS COUNTRY CHAMPIONSHIPS
Incorporating SEAA Inter-Counties Championships

Horspath Sports Ground, Oxford OX4 2RR
Saturday 9th December 2023

Dear Team Manager / Athlete,

I have pleasure in acknowledging your entry and remind you that the timetable is as follows:

11.45 am	Women 40+, 50+, 60+ & Men 70+	6,000 metres
14.10 pm	Men 40+, Men 50+, 60+	10,000 metres

Directions for Cars and Coaches

From the North, West and East take the A40 until the Headington Roundabout (junction between A40 and A4142). Take the A4142 (Eastern bypass). After nearly 2 miles turn left at the junction marked for Horspath. BMW Car Park is on the right after 100 yards entrance is via **GATE 7**.

From the South and South West take the A4142 towards Cowley and Headington. Beyond Cowley, turn right at the junction marked for Horspath. BMW Car Park is on the right after 100 yards entrance is via **GATE 7**.

Note that all coaches, minibuses and cars are to park in this BMW car park. No parking at the track except for blue badge disabled drivers. Do not park in Horspath Road as the Police may remove cars that are parked here.

Numbers are to be collected from the Registration Desk which will be in the Track Café.

Hot & cold refreshments will be available on the day from the Track Cafe.

The presentation of awards will take place as soon as practical after the completion of each race.

If you are competing as a team in any of the age groups then your Club needs to be affiliated to the SEAA to qualify for team medals.

Please email competitions@seaa.org.uk if you have any queries.

Yours sincerely,

Linda Whitehead
Director of Competition