



South of England Athletics Association Inter Counties and Masters Cross Country Event and Travel Information 29/11/2025

****PLEASE SHARE THIS INFORMATION PACK WITH ALL TEAM MEMBERS BEFORE RACE DAY****

Race HQ Address (NO COMPETITOR PARKING, NO BUS OR COACH ACCESS)

The Pavilion, Berkeley Avenue, Greenford UB6 0NZ

Do not bring a vehicle to this address unless you are displaying an official's parking permit issued by the SEAA office - you will be turned away - and may cause traffic issues.

Facilities Portaloos are provided, but there are no dedicated changing facilities. Please arrive ready to run

Refreshments Available from either inside the pavillion or from a van in the pavilion car park

Registration In the gazebo at the pavilion.

11:00	U13 Girls	3km	11:20	U13 Boys	3km
11:40	U15 Girls	4km	11:50*	Women 40+, 50+, 60+	6km
12:30*	U15 Boys	4km	12:50	U17 Men	5km
13:15	U17 Women	5km	13:40	U20 & Senior Women	6km
14:10	Men 40+,50+ 60+	10km	*5 minutes later than in prospectus		

Travel arrangements - please use public transport if possible:

All attendees are encouraged to use PUBLIC TRANSPORT - the following stations are close to race HQ:

- Greenford Station** Central Line (15 min walk or bus 92 to Greenford Quay)
National Rail Great Western (from West Ealing for Elizabeth Line)

If walking from Greenford Station, the wooden footbridge over the canal (near race point A) is currently closed for works. Access the site on foot from Berkeley Avenue.

- Sudbury Hill Station** Piccadilly Line (15 min walk or bus 92 to Greenford Quay)
- Northolt Park** National Rail Chiltern Line (25 min walk - or bus 487 to Ridding Lane).

TfL Bus Routes: 92, 395, 487, H17

Van or Minibus parking - also car parking for teams bringing a tent

By prior arrangement with SEAA a parking space for a van or minibus (which is too large to enter the height and width restriction at the summit car park), or for a car bringing a tent, can be reserved, 5 minutes walk away from race HQ. Please email competitions@seaa.org.uk in advance - the charge will be a charitable donation, towards the host business's fundraising for Macmillan Cancer Support.

Numbers are limited and all vehicles parking here must display the permit sent by the SEAA office, and follow the instructions as to how to make a donation so as not to risk a parking ticket. ALL APPLICATIONS FOR THESE PARKING SPACES MUST RECEIVED BY WEDNESDAY 26th NOVEMBER - so that directions and permits can be issued and registration numbers given to the business.

Tent Drop off and Pick Up (if CAR passengers can carry the tent without the driver)

Tents can be dropped off and picked up on Berkeley Avenue at the corner with Elton Avenue (postcode UB6 0NY) with the driver then going to find parking. This is a 2 minute walk from the club tent area.

You will not be allowed to enter the pavilion car park even if you are just dropping off a tent.

Coaches and minibuses must not come to the tent drop off location. (the street is too narrow) but should park or drop off as directed, and attendees carry the tent to site (5 minutes walk).

Bus and Coach Drop off and Pick Up - vehicles must park away from the venue

PLEASE SEND THIS INFORMATION TO THE BUS COMPANY IN ADVANCE

AND GIVE IT TO YOUR DRIVER ON THE DAY

Team buses and coaches should drop off, and pick up at the GREENFORD QUAY Bus Stops on either side of Berkeley Avenue between Greenford Road and Oldfield Lane North (near the Co-Op) It is a 5 minute walk from here to Race HQ.

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Postcode UB6 0HE

Team buses **MUST NOT** enter the **residential part of Berkeley Avenue east of Greenford Road** or Horsenden Lane North - as these roads are not suitable for long vehicles and it will be impossible to turn around.

Buses should park away from the venue, and only return when phoned by the team manager that all passengers are ready for collection from the same place that they were dropped off at.

Suggested off site parking places

- Rowdell Road (UB5 6AG) (road next to industrial estate / park)
- Sudbury Court Drive (HA1 3SS) (left hand lane in either direction - and can turn around at the roundabout at the end of this road)



Car Parking - please check the map before beginning your journey

There is no competitor car parking at the race HQ - please do not park in the immediately adjacent roads, Berkeley Avenue and Elton Avenue. **If athletes drive to these two streets the whole area will become gridlocked, causing local disruption and possible loss of the venue for future events. Please be prepared to park up to 20 minutes away - and walk to the venue - or use one of the paid car park options if there is space.**

● **PAID CAR PARKING (MUST BE BOOKED IN ADVANCE)** at the **Summit Car Park** - 10 minutes walk away. Between 09:30 and 12:00 there will be a marshal on the gate, and access will be restricted to those who have booked a space in advance - the charge is £5. Email competitions@seaa.org.uk to reserve and pay for your space - and print your permit to display upon arrival. *Spaces are limited - book early.*

After 12:00 access will not be controlled - and arrivals for later races are welcome to use spaces vacated as athletes from earlier races depart. This car park has width and height restrictions and is for **cars only**.

CAR PARK OPEN 09:30 to 16:00 ONLY.

Postcode UB6 7QL

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- Perivale and Sudbury Town station pay and display car parks. **Blue P on map - 20 minutes walk.**
- Free parking on-street in most of the local area. Bays are controlled from Monday to Friday only in many streets, so if a sign says "Monday to Friday" you can park here on weekends. **Orange P on map.**
- There is a small free car park at Ealing Central Sports Ground **Green P on Map - 20 minutes walk.**



Venue information

We are grateful to the hospitality of Tir Chonaill Gaels Sports Club for allowing us to use their marquee for registration - and the area next to their pitches for the race start and finish.

Please keep off Gaelic football pitches

Please respect our hosts by keeping off all of the marked Gaelic football pitches. This applies to both athletes warming up, and to spectators moving around the venue.

Course Maps

Will be published on the SEAA website during race week, and after the final site inspection.

Refreshments

There will be a coffee van near the start / finish.

We hope that light refreshments are available for purchase at the cafe and bar inside the club house, but please don't go inside wearing muddy boots or shoes.

The Ballot Box Pub is located around 5 minutes from the race HQ - and serves a full lunch menu. They welcome athletes and their families for refreshments after the race.

Team Bases

Counties and clubs are asked to base themselves in either of the places marked "Teams" on the course map. Please make sure any tents or flags are securely tied down - taking into account the weather conditions.

Adverse weather conditions

If a UK weather warning is in place for event day SEAA will communicate via a notice on its website by Friday 4:00pm and also via the following social media: Facebook - Twitter

Race numbers - barcode scanning in use

Pin your number in all four corners, but not through the barcode so that it can be easily scanned.

Please stay in order in the funnel - your barcode must be scanned twice.

Please use the space on the back of your number to write medical information and the phone number of anyone with you today.

County Declaration Forms

Up to 12 names can be entered for each team in the intercounty match - but only a maximum of 8 athletes (per team) may start. **Your declaration form is on your team envelope.**

County team managers must return their team envelope and any unused numbers to registration before the start of the race.

Results

Results will be available on the Roster athletics website and app - with links available from the SEAA website.

Presentations

Presentations will be made in front of the pavilion shortly after each race.

Only one team award, per club or county, in each race.

Inter Counties athletes must run in their correct age group.

Masters athletes must compete in the same age group for both the individual and team competitions, as explained in the prospectus which appears on the SEAA website.

SEAA Inter Counties and Masters Cross Country 29/11/2025 Horsenden Hill Timetable and Course Map

11:00	U13 Girls	3km	1 Large Lap
11:20	U13 Boys	3km	1 Large Lap
11:40	U15 Girls	4km	1 Small Lap, 1 Large Lap
11:50*	Women 40+	6km	2 Large Laps
12:30*	U15 Boys	4km	1 Small Lap, 1 Large Lap
12:50	U17 Men	5km	2 Medium Laps
13:15	U17 Women	5km	2 Medium Laps
13:40	U20 & Senior Women	6km	2 Large Laps
14:10	Men 40+	10km	1 Small Lap, 3 Large Laps

* - this race starts 5 minutes later than the time published in the prospectus

Small	1.0km	A - E - F - G - J - A
Medium	2.5km	A - B - C - D - E - F - G - J - (A, except final lap)
Large	3.0km	A - B - C - D - E - F - G - H - G - J - (A, except final lap)

