

Competitions Funded by Epsom & Ewell Harriers

Last updated: October 2026

Epsom & Ewell Harriers covers or contributes towards entry fees for a range of competitions throughout the year, including cross country, track and field, indoor athletics and road relays.

This guide explains which competitions are funded by the club, how entry fees are paid and what members need to do to take part.

We're proud to cover entry fees for a fantastic range of competitions throughout the year, from cross country and track & field to indoor athletics and road relays.

How Entry Fees Work

Club-managed entries

For most competitions listed below, the club arranges and pays entry fees directly.

Members should inform their team manager if they wish to compete. There is no need to pay upfront or submit a claim.

Surrey Track & Field Championships

For the four county championship events marked with an asterisk (*), members enter and pay individually.

The club contributes **up to £20 per member per year in total** towards entry fees across these four events. The £20 contribution is an annual maximum per member, not an allowance for each championship.

Members can reclaim this contribution by submitting a claim form. Details of the process will be provided.

Competitions We Pay For

Cross Country

- Surrey XC League
- Surrey XC Relays (Juniors)
- Surrey Masters XC Championships (Masters)
- SEAA XC Relays
- Priory Relays (Seniors)
- SEAA Masters XC Championships (Masters)
- South of the Thames XC — both events (Seniors)
- Surrey XC Championships
- SEAA Main XC Championships
- Downs League (Juniors)
- East Surrey League

Additional Cross Country Competitions (subject to location)

We also cover entry fees for the **National English Cross Country Championships** and **National Cross Country Relay Champions** when they are hosted in the south of England.

Track & Field

- Ebbisham League (Juniors)
- Lily B League (Juniors)
- Southern Athletics League (U18+)
- Surrey Track & Field Championships*
- Rosenheim League (U18+)
- SCVAC Vets League (Masters)
- Youth Development League Upper (Juniors)
- Surrey Masters Track & Field Championships*
- YAC QuadKids (Juniors)
- Surrey Track Relay Championships
- Surrey Combined Events*
- Night of the Mad Miles (hosted by our club)

Indoor Athletics

- Sportshall (Juniors)
- Surrey Indoor Track & Field Championships*

Road Running & Relays

- Imber Court Relays
- SEAA 6/4/3 Stage Road Relays
- Nonsuch Relays (hosted by our club)

How Competition Entries Are Funded

Competition entry fees are funded through club membership fees, track payments and fundraising activities, including events such as the **Nonsuch Relays** and **Night of the Mad Miles**.

Members' participation and volunteering help the club continue supporting these opportunities.

Other Competitions

We're always open to new ideas so if there's a competition you'd love to take part in that isn't listed here, have a chat with your coach or team manager.

Team Managers can request additional race entries by [submitting an approval request form](#) before paying for the race entries.