

COMPETITION INFORMATION SHEET

Event: **scottishathletics National Masters Cross Country Championships**

Venue: Dean Castle Country Park, Dean Road, Kilmarnock, KA3 1XB

Registration: Visitor Centre, Deans Castle Country Park, Dean Road, Kilmarnock, KA3 1XB

Date: Saturday 3rd February 2018

Race	Age Group	BORN DURING	Declarations Close	Race Starts	Distance
Women (Over 40)	W40+	Age on Race Day	1230hrs	1300hrs	6000m
Men M65 and over	M65+				
Men (Over 40) Up to M60	M40+ -M65	Age on Race Day	1315hrs	1345hrs	8000m

Entries Close first post on: **Monday 22nd January** **NO LATE ENTRIES**

Postal Address for Entries: Masters XC
scottishathletics Ltd, Caledonia House, South Gyle, Edinburgh, EH12 9DQ

email address: events@scottishathletics.org.uk

Bank Details: RBS, Sort Code: 83-19-04 Acc No 00667222

Important Notes

- (1) The Women's Races and the Men's 65 and over races will be run together.
- (2) Teams are Women 3 to score, Men 4 to score or 3 dependent on age
Team medals will be awarded for teams of 4 in Men's Age Groups M40, M45
Team medals will be awarded for teams of 3 in Men's Age Groups M50, M55, M60+
Team medals will be awarded for teams of 3 in Women's Age Groups W40, W45
Team medals will be awarded for teams of 3 in Women's Age Groups W50, W55, W60+
- Additional Information for Masters teams can be found here -
<http://www.salroadrunningandcrosscountrymedalists.co.uk/Content/Rules%20for%20Championships/MastersXCInfo.pdf>
- (3) Age category medals (1st, 2nd and 3rd) will be awarded in each age category regardless of number of athletes entered or competing.
- (4) Dates of Birth must be accurate and clear on entry forms for age category results.
- (5) All athletes who compete in the championships MUST be current members of the scottishathletics Membership Scheme and be eligible to compete in the Masters Championships.
- (6) An entered athlete must not be substituted by a non-entered athlete at any time.
- (7) See www.scottishathletics.org.uk for further information and course maps.