

19th BMAF OPEN CROSS COUNTRY RELAY CHAMPIONSHIPS



Organised by Long Eaton R.C.
(under UKA & BMAF Rules)

At West Park, Long Eaton, NG10 4AA
Saturday 19th November 2016

- Age Groups** W35+ (3 stages), W45+ (3 stages), W55+ (3 stages), W65+ (3 stages)
M35+ (5 stages), M45+ (5 stages), M55+ (4 stages), M65+ (3 stages)
M75+ (3 stages) All ages as on the day of race. You may enter & compete in a younger age group if you wish, but may only run for one team. Multiple team entries in any age group welcome.
- Clubs** **First claim and UKA Registered members only.** Club vests must be worn.
- Teams** You may enter triple the number of competitors entitled to compete in each age group team. Each runner may only run one stage. Runners may down age but can only run in one race.
Entries from B teams will be accepted from the original age team entered list/squad. (BMAF Medals for A Teams only, but prizes given for any "B" team scoring in first three home)
- Start times** **12.15pm:** W35+, W45+, W55+, W65+, M65+, M75+
1.45pm: M35+, M45+, M55+
- Course** Each lap stage covers approx. 3k in distance.
- Declarations** Names & running order to be declared **no later** than 45 minutes before each race start time. No changes may be made after declarations have been submitted.
- Awards** BMAF medals for the first three teams in each age group. (A Teams Only) Additional medals for the fastest stage in each age group race.
- Results** Full results listings will be posted on the BMAF website as soon as possible after the event.
- Team Entry Fees** W35+, W45+, W55+, W65+, M65+, M75+ = **£18 per team.**
("B" Teams = £12 per team)
M35+ = **£30 per team.** M45+ = **£30 per team,** ("B" Teams = £20.00)
M55+ = **£24 per team.** ("B" Team = £16.00 per team)

Closing date for Entries – Friday the 4th November 2016

NO LATE ENTRIES.