

BMAF (OPEN) CROSS COUNTRY RELAYS OCTOBER 30TH 2021

Team entries are now open for the BMAF Open Cross Country relays. This very popular event, held annually, is taking place at the centrally located and easy accessible venue of West Park, Long Eaton. All masters (35+ male and female) that are currently (UKA registered) members of clubs are entitled to enter, with team entries taken from club team managers/secretaries. The online entry system is via the BMAF website, under the fixtures column, where you will find all the full entry details and information displayed.

The course is a flat and fast, with each competitor covering (approx.) a 3k leg for each team. Teams will consist of men 35+ and 45+, 5 per team. The 55+ men compete over 4 legs and all men over 65+ and women's teams consist of just 3 competitors per team. "B" teams are also welcome to compete in all age groups; they cannot qualify for BMAF medals, but will receive prizes if they obtain a first three position. All team competitions are in 10 year age groups up to women 65+ and men 75+, providing competition for all masters. The fastest legs on the day, within each 10 year age group competition, will also receive medals.

Please note that entries close on October 20th for this must do event.

Mel James, BMAF Cross Country Secretary.