

COMPETITION INFORMATION SHEET

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

Venue: Tollcross Park, Wellshot Rd, Glasgow, G32 7AX

Registration: Tollcross Park, Wellshot Rd, Glasgow, G32 7AX

Date: Sunday 5th February 2023

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
		Medal Presentations		1530hrs	

Entries close at midnight on: **Thursday 19th January 23**

NO LATE ENTRIES

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 the combined Men's Age Groups M40, M45

Team medals will be awarded for teams of 3 in the combined Men's Age Groups M50, M55, M60+

Team medals will be awarded for teams of 3 in the combined Women's Age Groups W40, W45

Team medals will be awarded for teams of 3 in the combined Women's Age Groups W50, W55, W60+

Additional Information for Masters teams can be found here -

<http://www.salroadrunningandcrosscountrymedalists.co.uk/>

(3) Age category medals (1st, 2nd and 3rd) will be awarded in each age category regardless of number of athletes entered or competing.

(4) All athletes who compete in the championships MUST be current members of the scottishathletics Membership Scheme on the competition date and be eligible to compete in the Masters Championships. As per UKA Rule G2

(5) An entered athlete must not be substituted by a non-entered athlete at any time.

(6) See www.scottishathletics.org.uk for further information and course maps.

(7) By entering, all athletes agree that photographs and/or video footage may be taken and used for PR/Marketing purposes.

(8) Clubs entering athletes must ensure that entrants are medically fit to compete, have no medical issues or disability that would endanger themselves or others by taking part, and that athletes will not run if unfit to do so on the day.