

COMPETITION INFORMATION SHEET

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

Venue: Grant Park, Tolbooth Street, Forres, IV36 1PH

Registration: Bowling Club Building, Grant Park, Tolbooth Street, Forres, IV36 1PH

Date: Sunday 11th February 2024

Race	Age Group	BORN DURING	Declarations		Distance
			Close	Race Starts	
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 and collection will be as soon as possible following the conclusion of each race.

Entries close: **5pm Thursday 25th January 2024** **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.