



**IMAA**



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## **British and Irish Masters Cross Country International**

### ***What is this event?***

It is an annual masters' cross country international championship between the five countries England, Northern Ireland, the Republic of Ireland, Scotland, and Wales. Each country takes it in turn to host the event in their country in the rotation above.

### ***How do I get to take part?***

It is the only event in UK masters' athletics where participation is strictly by selection, although athletes need to make themselves known, and in the case of England, a formal application. Northern Ireland, Scotland and Wales stage a selection race in the autumn.

### ***What is the format of the event?***

The five-year age groups 35 to 75 are all represented, women and men. There are four races, one for all women; one for men Over-65; one for M55 to M60, and one for M35 to M45.

Accommodation is arranged for two nights in team hotels; there is a photo call before the races for team panoramas, and an evening banquet, presentation and celebration.

### ***How do I apply?***

Each country except England runs a selection race in September or October to pick their teams. England, composed of 8 Area Clubs, has a selection meeting with one representative from each, using a selection form from each of the applicants.

### ***Who are the team managers?***

England: David and Ruth Lesley

Northern Ireland: *contact* Jim Newberry or Joy McAleer

Republic of Ireland: Michael Fennell and Ann Woodlock

Scotland: John Bell and Ada Stewart

Wales: Bernie Jones and Ali Whitelaw

### ***When and where is the next event?***

England: Southport, Merseyside on Saturday 16<sup>th</sup> November

### ***When will more information be available?***

Further details will be distributed on masters' websites from April onwards