



England Masters Inter Area XC Challenge

Saturday 28th September 2019
Nowton Park, Bury St Edmunds IP29 5LU

1pm 6k Ladies 35+ & Men 65+

2pm 8k Men 35 to 64

Open to members of England masters clubs

Entries close 22 September - Free parking

Entry link - <https://bmaf.opentrack.run/comp/618/>

England Masters Inter Area XC Challenge

Open to all athletes who are paid-up members of English masters area clubs, with a current UKA registration. Members of the BMAF regional associations may also participate as guests.

Free parking on site. Refreshments available at Park cafe and Burger van.
Toilets available, but there are limited changing facilities.

Scoring:

- The age-graded percentage, rounded to one decimal place, for all competitors based on the distance run and their age on the day of competition.
- Each men's team will consist of a minimum of 6 and a maximum of 10 men and similarly for the women's team.
- The score for each men's/women's team will be calculated as the average of the team's age graded percentages, rounded to 1 decimal place. If there are more than 10 members of a club competing the best 10 age graded percentages will be used. If there are less than 10 competitors in a team, the team score will be reduced by 1% for each missing team member.
- The winning area will be the one with the HIGHEST average of their men's and women's scores.
- In the event of two or more area clubs having the same highest overall average score, the winning team will be the one who has the best age graded performance of the runners in the teams who are tied.
- Prize certificates will be awarded to all scoring competitors of the winning area club

Although scoring is restricted to 10 women and 10 men per team, we want to encourage clubs /areas to encourage many more of their athletes to attend, i.e. make it a mass participation event.

England XC team selectors will use this as one of the selection races for the British & Irish Masters Cross Country International. See news item:
<http://bmaf.org.uk/2019/08/04/eama-inter-area-cross-country-challenge-2019/>