



BRITISH MASTERS ATHLETICS CROSS-COUNTRY CHAMPIONSHIPS

**Rhug Farm, Corwen, Denbighshire, North Wales LL21 0EH
(Courtesy of Lord Newborough)
March 14TH, 2020**

Corwen is on the A5 trunk road in the Dee Valley, 20 miles west of Wrexham and 10 miles west of Llangollen, where there are several hotels and guest-houses.

Rhug Farm, owned by Lord Newborough, is alongside the A5 about a mile to the west of the town. The farm itself is on the left approaching from the Corwen direction with the course on the opposite side of the road. PLEASE TAKE GREAT CARE IN CROSSING THE BUSY ROAD AND PAY HEED TO THE MARSHALS.

The information desk, prizegiving etc will be in a meeting/ conference room behind the farm shop.

On the farm site there is an award-winning shop, restaurant, takeaway selling a wide range of food (including bison burgers!) and drink, and a drive-through facility for drinks.

The races start and finish on a large, flat field and involve some farm fields, a couple of testing hills, a stream or two and the likelihood of some mud. All are suitable for spikes.

In recent years the North Wales and Welsh national cross-country championships have been held here.

The shorter course (all ladies and M65+ start at 12 noon) is approximately 6k and the longer course is about 8k (start at 1pm).

There are no changing/shower facilities on site but Corwen Football Club's Pavilion near the town centre will be available after the races. To reach it go back along the A5 into the centre of the town, turn left into Green Lane and the Pavilion is about 100 yards ahead.

There are mobile toilets near the start/finish.

NB: NO DOGS ARE ALLOWED ON THE FARMLAND DUE TO THE PRESENCE OF DEER AND OTHER STOCK

[See attached list of local accommodation](#)

CROESO I GORWEN – WELCOME TO CORWEN

SEE OVERLEAF FOR DETAILS OF THE INTER-AREA CHALLENGE.



ENGLAND MASTERS INTER-AREA CROSS COUNTRY CHALLENGE 2020

Open to all athletes who are paid-up or life members of English masters area clubs or the regional associations of Scotland, Wales and Northern Ireland, with a current UKA registration.

In the three years since the event started, it has taken place in the Autumn each year, but now that there will be separate selection race for the England team for the British & Irish Masters Cross-Country International at that time and therefore it has been decided to switch the event to the early part of the year instead. This decision was taken too late to set up a separate race and therefore in 2020 the event is being combined with the BMAF cross country championships. This means that everyone wishing to represent their club for the Inter-Area Challenge has to enter the BMAF national cross-country individual championships, but the entry fee for the latter covers both events.

Scoring:

- There will be separate teams for men and women. Each team will consist of a minimum of 6 and a maximum of 10 scorers
- All competitors will be ranked by their age-graded percentage, rounded to one decimal place, based on the distance run and their age on the day of competition.
- The score for each 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. Thus, each team is self-selected as a result of their performance relative to other team members.
- 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
- Prizes will also be awarded for the best men's and women's age graded performance.