



Welsh Masters Athletic Association

(Affiliated to BMAF & Welsh Athletics)

Masters Cross Country International – Singleton Park, Swansea

This year's British Masters Cross Country International, which will be held on Saturday 17th November 2018, is being hosted by Wales at Singleton Park, Swansea. Once again Ali Whitelaw and Bernie Jones have been appointed Cross Country Team Managers and to ensure we pick the best possible teams we need your help again.

As usual the Welsh Team Selectors will meet in the middle of October but with only one Gwent League and one North Wales League to review cross country performances the Selectors will take into consideration other relevant performances including results from the Cardiff 10k (2/9), Swansea 10k (16/9) and the Caernarvon 10k (2/9). We will also take into account the 2017 Masters International Cross Country in Derry and the 2018 Welsh Cross Country Champs.

Whilst the Power of 10 website is a fantastic resource for collecting performances, it doesn't always identify when athletes are eligible to represent Wales, and some of the obscure races are also missed, so we would be grateful if you would let us know of any key performances that you have achieved that may help the selectors in choosing the best teams.

However, not all eligible athletes compete in the above races, so if you believe your performances may warrant consideration for a place in the Welsh Team please contact either Ali or Bernie with details. Their contact details are as follows:

Bernie Jones 4 Brickley Court, Weaverham, Northwich, Cheshire CW8 3GY
M 07919 043117 **H** 01606 637775
E bernie-jones@sky.com

Ali Whitelaw Bank House, Selattyn, Oswestry SY10 7DX
H 01691 659331 **M** 07527 936740
E andyandali.whitelaw460@btinternet.com

As usual we are also keen to know about any new Welsh Masters. If you believe you are eligible to run for Welsh Masters and you believe your performances are good enough contact either Bernie or Ali.

For your convenience you can register your application for selection online in OpenTrack via the link [here](#) not later than 7th October. This will create a "draft" entry for consideration by the selectors.

As we are at home we expect interest to be far greater than in other years, so if you are interested please let us know as soon as possible if you wish to be considered for selection. It makes a big difference if we know in advance when it comes to selection