

British Masters (Open) Cross Country Champs.

Saturday March 17th at Grant Park, Forres. IV36 3BT

A warm Scottish welcome is planned for all competitors this year.

(See Below)

Awards.

Individual Gold, Silver and Bronze BMAF Medals will be presented to the first three competitors (Men and Women) of each five year age group beginning at 35+ years of age.

Team medals will be presented in Ten year age bands (Men 35+ to 44, 45+ to 54, 55+ to 64, 65+ to 74 and 75+) Women 35+ to 44, 45+ to 54, 55+ to 64 and 65+) Three to score on aggregate time.

Down aging accepted in each race on the day. Request must be made (in writing) 30 minutes before race commencement.

Race One. Approx. distance 6k, commences at 12.00pm. Women (all age groups) and Men 65+

Race Two. Approx. Distance 8k commences at 1.00pm. Men 35+ to 64.

The course is traditional cross country, run over parkland and forest trails.

For this year only, as it is in Forres, the town of Forres are adding extra prizes. There will be a special whisky (from the Glen Morey distillery) donated to the winners of each individual category. The local club Forres Harriers are also donating prizes to the first, second and third placed runners in each category.

Every Competitor will also receive a souvenir Scottish shortbread pack, supplied by McLeans, the local bakery in Forres.

Entry/Registration.

Entries are now open on the BMAF website. (Under national fixtures)

(BMAF Members = £12.00. Non BMAF = £15.00)

Registration, Changing and the Presentations will take place at Forres Academy. (Approx. five minute walk from Grant Park)

Travel to Grant Park.

There are many hotels in Forres and Inverness. (25 Miles away)

Trains from Inverness to Forres run every 2 hours. (25 minute journey) The train station at Forres is a 10 minute walk to the Forres Academy for registration, changing etc.

Buses between Inverness and Forres run every hour (Journey time 55 mins)

For competitors driving to Forres, there is ample parking available at the Academy.

Flights to Inverness are available from most cities, some are very reasonable. **Examples:** - Bristol to Inverness return £50.00. Heathrow and Gatwick return £65.00. Birmingham return £89.00.

(As at Jan 1st 2018)

As stated earlier, a warm Scottish welcome is planned. With a Scottish Pipe Band playing at the event and free refreshments to all competitors and their travelling supporters.

The town of Forres is planning a welcome that no other BMAF Cross Country Championship has offered before. **"This will be a competition not to miss"**
Mel James (Cross/Country Sec.)