

British Masters (Open) Cross Country Champs.

Saturday March 9th at Stormont Park, Belfast

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. Only "A" teams can qualify for medals within each age band. (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, calculated 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.

Entry/Registration.

Entries are now open on the BMAF website, via Open Track. (Under national fixtures)

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

All athletes must be UKA registered.

Registration, Changing and the Presentations will take place at Stormont Park Pavilion. BT4 3TA.

Travel to Stormont Park.

Car parking at the pavilion is available and is signposted. (Entrance is the second on the left past the main Stormont gates, coming from the central Belfast)

A (Glider) G1 bus service is available from Belfast City centre (Wellington Place) with all stops announced by a tannoy system during the journey. The all day off peak (card) fare is £3.50.

Flights to both Belfast Airports (George Best City and Belfast International)

are available from most UK cities, with very reasonable rates.

Mel James (BMAF Cross Country Sec.)