

Events: 3km cross-country

Age groups:

W35+ (3 stages), W45+ (3 stages), W55+ (3 stages), W65+ (3 stages) M35+ (5 stages),
M45+ (5 stages), M55+ (4 stages), M65+ (3 stages), M75+ (3 stages).

All ages as on the day of race

Eligibility:

First claim and UKA Registered members only. You may enter twice the number of competitors entitled to compete in each age group team. Each runner may only run one stage. Runners may down age but can only run in one race.

Fees:

£6 per stage for each team

Prizes:

BMAF medals for the first three teams (A teams only) in each age group. Prizes for any B team scoring in first three home. Additional medals for the fastest stage in each age group race.