



England Masters Inter Area XC Challenge (including EMAC XC Championships)

Saturday 29th September 2018
Nowton Park, Bury St Edmunds IP29
5LU

1pm 6k Ladies 35+ & Men 65+

2pm 8k Men 35 to 64

Open to members of England masters clubs
Entries close 23 September - Free parking

Entry link - <https://bmaf.opentrack.run/comp/563/>

England Masters Inter Area XC Challenge (including EMAC XC Championships)

Open to all athletes registered to a Masters Area club / BMAF

Free parking on site. Refreshments available at Park cafe and Burger van.

Toilets available, but limited changing facilities.

Scoring:

- Points will be awarded according to the total number of scoring competitors in each race
- The runner with the best age graded result will get the highest points working down to the last runner who will get ONE point
- The winning area will be the one with the HIGHEST combined total
- In the event of area clubs having the same highest overall combined scores the winning team will be the one whose runner has the best age graded result.
- Prize certificates will be awarded to all scoring competitors of the winning area club

In the EMAC Championships, first 3 across the line in each 5 year age band will receive medals.

Although scoring is restricted to 10 women and 10 men per team, we want to encourage clubs /areas to encourage many more of their athletes to attend, i.e. make it a mass participation event.

England XC team managers may base selection for the British and Irish masters international event on this event, so don't miss out!